



# *in*Season

Summer Edition 2024

**Fresh Ontario  
Produce Finds!**

**Pg. 8**

**Frozen Treats to  
Beat the Heat**

**Pg. 34**

**Food Talk  
with Rose**

**Pg. 54**

# What's inside Farm Boy?

It's a farmers' market experience, every time you visit.

We have the freshest produce as though stopping at a road-side farm stand.

Choose the best quality meats, seafood, cheeses, fresh dairy, warm baked goods and hundreds of Farm Boy products—there are too many to count!

Enjoy a restaurant experience in every store! We make the tastiest food, every day for our Chef's Market. Choose handmade, wholesome, fresh, convenient and plentiful foods for breakfast, lunch and dinner. Our cafe seating is waiting for you.

Pause. Savour. Grab free Wi-Fi.

Round this all up with a welcoming smile at the cash, bags packed for you, and easy parking.

You'll love that we're not just another grocery store. We'd love to be your favourite fresh food experience.



Come on in!



Watch the flyover video in the new Oshawa store!

## WELCOME TO SUMMER

Dear Farm Boy Fan,

It is with great joy that I welcome you to our Summer Edition of *inSeason* Digital Magazine—your premier source for all things delicious. Whether you're a longtime customer or a new follower, we're glad you found us! Just as the seasons change and new foods arrive, our digital magazine will transition each quarter to give you informative articles focused on all the happenings at our stores and in the culinary world.

*inSeason* is a bridge for you to learn about who we are, where we source from, and what you can expect when you shop with us. As you turn each page, we'll share some helpful food

hacks, recipes, grocery tips, and more, with the goal of providing you with as much value as possible for every dollar spent. At Farm Boy, it's truly a pleasure to serve our customers by offering the highest-quality products available, friendly service, and convenient options for everyone. At the end of the day, we put great food and experience first.

To our customers, thank you for your continued support and interest. We would love to hear your feedback and suggestions for subsequent issues.

We look forward to seeing you this season and every season!



*Shawn Linton*

Shawn Linton,  
President and General Manager



Stay up to date with us!



# Contents

**In Every Issue**      6 Our History      50 Inside Scoop      56 Our Community



## Features

### 12 *Produce inSeason*

Watermelon Creations  
Delicious twists on a seasonal fave.

### 18 *Local inSeason*

Ontario Delights  
Discover our partners and vendors.



### 22 *Meat & Seafood inSeason*

Ready to Hit the Grill  
Always fresh, proteins prepared by us.

### 26 *Seafood inSeason*

Cedar Plank Grilled Salmon  
Restaurant-worthy dining prepared by YOU.

### 12, 13, 15, 30, 54

#### *Recipes inSeason*

Taste the Season  
Summer-worthy dishes to delight your senses!

### 28 *Grocery inSeason*

5 Ways to Mayo  
A versatile culinary staple.

### 34 *Dairy & Frozen inSeason*

Frozen Treats to Beat the Heat  
A selection of ice creams, sorbets, and more!

### 40 *Chef's Market inSeason*

Dine-in or Take-out  
Skip the restaurant and bring home cuisine that's crafted with care!



## 52 What's New



### *In-store Demos*

Each weekend from 10 am to 5 pm, we'll be offering samples of our standout private label products of the week. Stop by and give some of our favourites a try!



Summertime is all about enjoying the gorgeous sunshine, spending time with loved ones, and crafting nostalgia-worthy moments. Let us help you create delicious memories with our abundant selection of refreshing drinks, grill-worthy proteins, farm-fresh veggies, road trip favourites, and more.

**Turn the page for tasty inspiration!**

# Our Humble Beginnings

The Farm Boy story was born out of, and continues to be written by one important factor: quality.

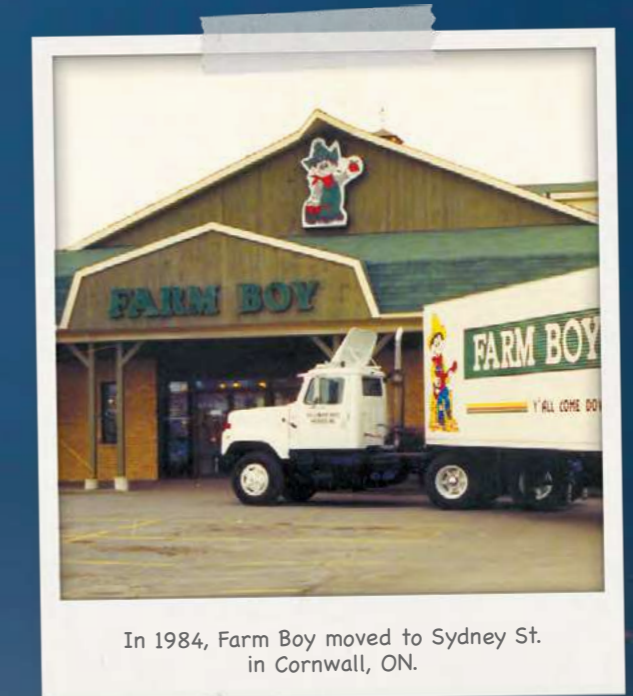
Quality can mean many things, but to us, it is an absolute quintessential part of who we are.

Everyone at Farm Boy is extremely dedicated to the values that our founders, Jean-Louis and Collette Bellemare, had set for us when they opened the doors to the first Farm Boy Fruit Market in 1981. The highest quality exists in the foods we provide, the people who join our team, the suppliers and farmers we work with, and the amazing customers that shop with us.

**We will always strive to deliver quality products for you to enjoy!**

What began as a fresh produce market in Cornwall, Ontario, has evolved into 50 Ontario locations where customers can expect to receive the freshest produce, Canadian sustainable meats and seafood, high quality dairy, like-home baked goods, unique private label products, fresh-daily chef prepared foods, and most importantly, value for their money.

Looking into the future, there is one promise that we make with our loyal customers: that is to never (ever) compromise. To stay true to our roots, no matter how much we grow. Value is the pillar we uphold to the highest degree.



In 1984, Farm Boy moved to Sydney St. in Cornwall, ON.

There is value in what you receive for your money, and value in knowing that we will always strive to deliver quality products for you to enjoy. Food that is fresh, long-lasting, local, seasonal, and wholesome.

Caring for our community and engaging in efforts that promote sustainability and food security is incredibly important to us. We seek to uplift our local community by supporting the amazing people, organizations, and companies that surround us through social initiatives and outreach.

When you shop at your local neighbourhood Farm Boy, "It's All About The Food™".

Just as important, it's all about YOU.

# Fresh ONTARIO Finds!



1

## 1 Asparagus

**Give it a try:** Our twist on a classic caprese salad lets this grill favourite shine with a combination of smoky and bright flavours. Recipe here.

**Storage Tip:** Enjoy it as soon as possible, ideally within a week, for the best flavour and texture. Do not wash but trim off the bottom 1", place the asparagus in a glass container with a little water in the bottom (like flowers in a vase), and store in the fridge. Wash just before using.

2

## 2 Corn

**Give it a try:** Level-up our recipe for Jalapeño Cheddar Cornmeal Muffins by adding grilled corn kernels for additional texture and smoky flavour.

**Storage Tip:** For best flavour and texture, use corn within a day or two of purchase. Store in a plastic bag in the fridge to prevent moisture loss.

3

## 3 Field Tomatoes

**Give it a try:** Pan-roasted or grilled tomatoes seasoned with a little salt and pepper make an excellent side dish for any meal, whether breakfast, lunch, or dinner.

**Storage Tip:** Keep them at room temperature, out of direct sunlight and stem-side down. Wash them just before use.

## 4 Zucchini

**Give it a try:** Zucchini pairs perfectly with tangy goat cheese. Top sliced zucchini medallions with goat cheese and roast in the oven or the grill.

**Storage Tip:** Refrigerate in a perforated plastic bag in the fridge crisper. Wash just before using.

## 5 Mushrooms

**Give it a try:** Make stuffed portobello mushrooms on the grill by filling them with your favourite ingredients, topping with breadcrumbs or cheese, and cooking until tender.

**Storage Tip:** They need to breathe, so leave in the container if it has ventilation holes or store in a paper bag. Avoid plastic bags as they trap moisture and create a film on the mushrooms.

4



5



## What's hot this season!

Summertime eating is all about mouthwatering flavours, vibrant colours, and delectable aromas. It's when fruits and veggies flourish—arriving to our stores daily at peak freshness from local farms in Ontario. Though seasonal crops may be subject to availability, we do our absolute best to make sure customers find what they're looking for.

Here are some examples of the fresh produce our buyers are purchasing at the markets each morning!





## From the Farm to Your Table

A special thank you to all of the farms that provide our stores with the freshest, long-lasting fruits and veggies possible.

With your help, we can give our customers the best Ontario has to offer!



**Fenwick Berry Farm is a first-generation family farm, started by Dave & Christine Klyn-Hesselink about 25 years ago.**

Located in the heart of the Niagara Peninsula, in a unique agriculture zone with a temperate climate and sandy loam, this area is ideal for growing a variety of berries, orchard fruits and vegetables.



### 6 Peas

**Give it a try:** Pea purées are great with grilled proteins and can add a natural sweetness to contrast rich, savoury flavours.

**Storage Tip:** Store in a perforated bag in the fridge crisper. Fresh peas can last 3-5 days when stored this way.



### 8 Bok Choy

**Give it a try:** Stir-fry with sliced garlic, chili flakes, soy sauce, and a drizzle of honey.

**Storage Tip:** Wrap unwashed bok choy with a slightly damp paper towel and place in a perforated plastic bag or container, and store in the fridge crisper for up to a week.



### 7 Nectarines

**Give it a try:** Roast in the oven with aromatic and sweet spices like cinnamon, nutmeg, clove, or ginger, and a drizzle of Farm Boy™ Amber Maple Syrup. Serve with a scoop of rich Farm Boy™ Vanilla-Vanilla Ice Cream!

**Storage Tip:** If they are not fully ripe, store on the counter out of direct sunlight. If they are ripe, transfer them to the fridge crisper.

### 9 Peaches

**Give it a try:** Grill and add them to savoury salads or serve alongside rich meats like pork, duck, and lamb. Learn more about this tender/stone fruit, here.

**Storage Tip:** Store on your counter if they are not ripe, out of direct sunlight. Once they are ripe, transfer to your fridge which will extend their shelf life.



### 10 Beans

**Give it a try:** Make a deliciously simple side dish by sautéing your beans with butter, shallots, Farm Boy™ Garlic Flowers, and seasoning with salt and pepper. Garnish with toasted almonds and a fresh squeeze of lemon juice.

**Storage Tip:** Trim ends before wrapping in a lightly damp paper towel or kitchen cloth before placing in a perforated plastic bag. Store the bag in your fridge crisper for 3-5 days.



### 13 Napa Cabbage

**Give it a try:** Try using it for cabbage rolls, stir-fries, kimchi, or soups.

**Storage Tip:** Wrap in dry paper towels before placing in your fridge crisper. Don't wash until ready to use.



### 11 Cucumbers

**Give it a try:** Add cucumber slices to sparkling waters, cocktails, mocktails, and more for a crisp, refreshing flavour.

**Storage Tip:** Store them in the fridge away from ethylene-producing fruits like apples, bananas, and tomatoes, which can accelerate ripening and spoilage.



### 12 Peppers

**Give it a try:** Make a simple Mediterranean-inspired salad by grilling sliced green, orange, and yellow peppers, dressing them with our Farm Boy™ Balsamic Vinaigrette, and tossing with capers, Farm Boy™ Barrel Aged Feta, and Farm Boy™ Sliced Kalamata Olives.

**Storage Tip:** Wrap with a dry paper towel, place them in a reusable vegetable bag or perforated plastic bag, and store in the fridge. Don't wash them until ready to use.



### 14 Strawberries

**Give it a try:** Make fruit kebabs with strawberries, melons, grapes, and other fruits for a refreshing summertime snack.

**Storage Tip:** Arrange in a single layer in a container lined with a kitchen cloth or paper towel. Cover and refrigerate up to 5 days. Don't wash until ready to enjoy



# Watermelon Creations

Delicious twists on a seasonal fave.



## Watermelon, Cucumber, & Feta Salad

[View Recipe](#)

Full of vibrant flavours and crisp textures, this salad uses the watermelon's natural sweetness to contrast the tanginess of **Farm Boy™ Barrel Aged Feta**. The cucumber, mint, and parsley serve as a palate cleanser, providing a cooling effect.



## Juicy Watermelon Pizza

[View Recipe](#)

Refreshing and easy to make, watermelon slices are the perfect “pizza” base to load up with sweet toppings like cream cheese, yogurt, nut butters, berries, fruits, and more!



## Watermelon & Pineapple with Spicy Seasoning

Take cooling watermelon and tropical pineapple to another level by contrasting their sweetness with spicy heat, aromatics, and salt. Slice your fruits and serve with a side of dry seasoning dip using our **Farm Boy™ Piri Piri Seasoning**, chili flakes, and sugar.

## Sparkling Watermelon Cooler

[View Recipe](#)

Cool down with our recipe for a fruity beverage that is sure to quench your thirst! Feel free to get creative and substitute or add different fruits and beverages to suit your taste.





# Sweet Grillin'

Take summer fruit up a notch!


Fruit is a very easy and satisfying “dessert”, but when we give it the grill treatment, it turns into a delicious course, especially when paired with a creamy, sweet, nutty dip.





PRODUCE *inSeason*



## Grilled Fruit Platter with Creamy Tri-Nut Dip

 COOK TIME:  
10 mins

 SERVES:  
6

 DIFFICULTY:  
Easy

[View Recipe Online](#)

### Ingredients

- |  |   |
|--|---|
| ½ cup Farm Boy™ Mascarpone Cheese          | 1 small honeydew melon seeded and sliced ½ inch |
| 1 cup Farm Boy™ Organic Plain Greek Yogurt | 4 ripe peaches stoned and halved                |
| ½ cup Farm Boy™ Tri-Nut Butter Blend       | 4 ripe kiwifruits halved                        |
| 2–3 Tbsp Farm Boy™ Liquid Honey            | 4 limes halved                                  |
| 1 pineapple sliced ½ inch                  | 1 pack strawberries                             |
|  | 1 pack raspberries                              |
|  | 1 pack blackberries                             |
|  | 2–3 sprigs mint                                 |

### Directions

1. In a medium bowl, combine mascarpone, yogurt, tri-nut butter and honey. Whisk until smooth. Refrigerate until ready to serve.
2. Preheat grill over high heat, then turn back dials to medium heat. Clean and grease grates and then place fruit on grill. Cook for 2–3 minutes, then flip and cook another 2–3 minutes.
3. Remove from grill, arrange on a platter and add strawberries, raspberries and blackberries. Garnish with mint.
4. Serve immediately with dipping sauce.



### Tips:

- The trick is to preheat the grill, clean and grease the grates, and then cook the fruit.
- Once fruit is on the grill, leave them unattended for at least 2–3 minutes;
- Be patient at the beginning if you try and turn fruit too soon, they will stick to the grates and tear.



# What's that Fruit?

Dragon fruit, a culinary curiosity.

Dragon fruit, also known as pitaya, is a tropical fruit said to be native to Central and South America. It has a distinct egg-like shape, vibrant colour, and a scaly appearance that gave it such an iconic name.

Though it may look intimidating, this unique piece of produce is actually highly approachable in terms of texture, flavour, and ways to enjoy it. Whether eaten fresh, blended into smoothies, tossed in salads or salsas, don't fear the dragon!



## Fact & Uses:

- 1 It has a mild sweetness and delicate flavour. Think of it as a cross between a pear, watermelon, and kiwifruit (it also has edible seeds).
- 2 They are the fruit of a cactus belonging to the genus Selenicereus, of which there are about 20 cacti, some bearing similar fruit.
- 3 Dragon fruit is incredibly easy to prepare. Just slice it in half and scoop it out like an avocado!
- 4 Incredibly popular in Southeast Asia, dragon fruits arrived on the Asian continent in the 19th century through European traders and explorers.

There are 4 common varieties of dragon fruit:



Pink & green skin with white flesh.



Pink & green skin with red flesh.



Yellow skin with white flesh.



Bright pink & green skin with purple flesh.



## When Only The Finest Will Do.

In 1975, master sausage maker Guenter Lotzmann realized his dream of opening a meat processing facility. From servicing markets and small butcher shops throughout Waterloo region, Guenter worked hard providing his clients with high quality Eastern European meats. All these years later his winning recipes have created a thriving business serving communities throughout Ontario.





Look for this icon in-stores and online to find a huge variety of products from right here in Ontario!

# Fresh begins in our own backyards.



We work with hundreds of amazing local vendors all across Ontario. We'd like to introduce you to a few of them *inSeason*.



Know a local product we should try? [Connect with us!](#)

## 1 Ah-So Sushi, London

Starting as a family-run restaurant in 1982 (Ah-So Gardens), this local business expanded to offer Canadians fresh high-quality sushi to-go! Available at all Farm Boy locations, enjoy grab-and-go sushi options and premium platters filled with maki rolls, nigiri, and sashimi.

## 2 Nightingale Farms, La Salette

Founded in 1950, this family farm is currently in its third generation of growth, providing wholesome produce with a focus on quality and reducing waste.

## 3 VG Meats, Stoney Creek

Run by four brothers, this family-owned company has been serving high-quality meat since the 1970s. They specialize in small herd, high care beef, local chicken, pork, and turkey—all born, raised, fed, processed, and packaged in Ontario.

## 4 Bayview Flowers, Jordan

A family-owned business since 1948, they're a leading North American grower and distributor of ornamental flowers and potted plants. Bayview Flowers offers exceptional quality, service, and selection, focusing on ethical business practices and sustainability for a brighter future.

## 5 Fenwick Berry Farm, Fenwick

A first-generation family farm started by Dave & Christine Klyn-Hesselink, Fenwick Family Farm began about 25 years ago. Located in the heart of the Niagara Peninsula, in a unique agriculture zone with a temperate climate and sandy loam, they specialize in growing delicious and wholesome strawberries and raspberries.

## 6 Finest Sausage & Meat, Kitchener

In 1975, master sausage maker Guenter Lotzmann and business partner Martin Gedja opened a meat processing plant, servicing markets and small butcher shops. His winning recipes have created a thriving business serving Ontarians high-quality Eastern European meats.

## 7 Foster Family Farm, North Gower

A family business that began over 50 years ago, Greg & Sherley Foster began by selling sweet corn and beef off the steps of their home in North Gower. Since Mel & Davonne Foster joined on, the farm has exploded in production, growing acres of corn, squash, beans, strawberries, and more!



foster family farm  
FEEDING THE NATION'S CAPITAL  
fruits • vegetables • produce

## Fresh Ontario Vegetables From Our Family To Yours

This family-run farm started over 50 years ago as a small operation selling sweet corn and beef from the steps of Greg and Shirley Foster's first home in North Gower, Ontario. Today, the family affair has expanded to include Mel and Davonne Foster who've helped to grow the business to include acres upon acres of sweet corn, pumpkins and squash, beans, strawberries, and more. Their mission has always remained the same—to provide their local community with high-quality produce grown with care.



# We are so thankful...

**for our employees, family and business  
partners that work together to produce quality  
berries from our family farm for your home.**



**Fenwick Berry Farm is a first-generation family farm, started by Dave & Christine Klyn-Hesselink about 25 years ago.**

Located in the heart of the Niagara Peninsula, in a unique agriculture zone with a temperate climate and sandy loam, this area is ideal for growing a variety of berries, orchard fruits and vegetables.

# Ready To Hit the Grill

Always fresh, proteins prepared by us.

Our Butcher Shop is where you'll find the freshest, high-quality meats sourced locally and from around the world.

We take pride in providing you with products that are crafted in-store with care, including summertime staples like burgers, sausages, and kebabs. Whether it's juicy beef, wholesome turkey, succulent pork, or mouthwatering chicken, this is where grilling season begins!

Farm Boy™

## Gourmet Burgers

Handcrafted by us in-store, these grill favourites are prepared using globally inspired recipes and premium ingredients!

What makes our burgers different?

Two things: Creativity and care for our craft. Always fresh at our Butcher Shop, we also offer select varieties now available frozen.

[Learn all about our Gourmet Burgers!](#)

**Burgers  
Made In-Store!**  
Up to **11 Flavours**



**Sausages  
Made By Us!**  
Up to **20 Flavours**



Farm Boy™

## Artisan Sausages

With over 20 varieties, our juicy, flavour-packed sausages are made fresh daily by us with Canadian pork, chicken, or turkey. Enjoy the taste of The Great Canadian, a fusion of Canada's culinary history made with real maple syrup and squeaky cheese curds.

[Learn all about our Artisan Sausages!](#)



**Kebabs  
Handmade**

Up to **12 Varieties**

Farm Boy™

## Kebabs

Listen to the sweet sizzle of the barbecue with our hand-stacked kebabs. Prepared fresh by us, we use the highest quality proteins and field-fresh veggies for the ultimate bite. Enjoy these perfectly balanced kebabs in chicken, pork, beef, shrimp, and salmon!



## Grilling Tips, Tricks, & Other Tidbits

Mastering the grill like a chef!

The smells and flavours of great barbecue are some of the best parts of the season. Days and nights next to the barbecue grill, whether it's on the patio or balcony, is a true Canadian pastime. Learning to cook well on the grill is another thing entirely! Our chefs have some tips to help you become a pro in no time and own the barbecue.

- Get yourself a meat thermometer and a doneness temperature chart. This will help you learn the right times to cook each protein.
- Fire up the barbecue ahead of time and allow it to reach a searing temperature of at least 450° F.
- If you don't have time to marinate, season generously just before hitting the grill.

Visit our blog to discover more:

[Check Out Grilling Tips, Tricks, & Other Tidbits from our Chef Team](#)





We are a local, family-owned company that has proudly been serving Ontario families high quality meat since the 1970s.

Started by previous generations and now run by four brothers, VG Meats is proudly local. All of our products are born, raised, fed, processed and packaged in Ontario.

We specialize in small herd, high care beef that is never fed antibiotics, is fully traceable and is the first tenderness-tested beef in Canada.

Look for VG Meats in our stores.



MEAT & SEAFOOD *inSeason*



# Surfing the Seas of Sustainable Seafood

Dive into delicious flavours.

Our Seafood Department is swimming with mouthwatering flavours! Enjoy an abundant selection of fish and shellfish that are expertly sourced to ensure the highest quality and freshness.

All Farm Boy seafood products are part of the Good Catch™ program, which means they are sustainably wild caught, farmed, or fished through eco-friendly and ethical practices.



Farm Boy™  
**Organic Skin On  
Atlantic Salmon**



Farm Boy™  
**Patagonian  
Scallops**



**Fresh Mussels**



# Cedar Plank Grilled Salmon

Restaurant-worthy dining prepared by YOU.

We have fresh cuts of salmon filets and steaks that are ready to dive into grill season with succulent flavour. One of the easiest (and most delicious) ways to cook this notoriously intimidating fish is to grill it on a cedar plank. This will give you an aromatic, smoky taste that's guaranteed to have you wanting seconds.

We'll give you some tips to achieve the perfect cedar-cooked salmon, along with some suggestions to create internationally inspired versions and sides to match!

## The Basics

1. Clean your wood plank by rinsing with water.
2. Submerge and soak your wood plank in salted water for 2-4 hrs.
3. Prepare your salmon and season to your liking. Dry rubs can be done the night before. If you plan on marinating, it's recommended to do so no longer than 2 hours prior to grilling.
4. Preheat your grill to 350° F- 400° F.
5. For direct grilling: place your plank into your pre-heated grill and wait until

you smell smoke, flip the plank over and place your salmon on top, skin-side down. Cover the grill and cook until your fish has reached an internal temperature of 145° F.

6. For indirect grilling: after your grill has reached the correct temperature, shut down the heat on one section of your barbecue. Place your plank on the unheated area and your salmon skin-side down on top. Cover the grill and cook until your fish has reached an internal temperature of 145° F.



## Ready-To-Enjoy Sides



Farm Boy™  
Fresh Tabouleh



Farm Boy™  
Kale Caesar  
Salad



Farm Boy™  
Feta Orzo Pasta  
Salad

## Flavour Boosters



Farm Boy™  
Tuscan Bouquet  
Seasoning



Farm Boy™  
Sweet Teriyaki  
Cooking Sauce



Farm Boy™  
Jamaican Jerk  
Seasoning



Farm Boy

# Salad Favourites!

## Flavour-packed summer additions.

### Dressings, Vinegars, & Vinaigrettes

When you love fresh produce as much as Farm Boy, you understand that salads are serious business!

Our dressings are made with real, authentic ingredients like extra virgin olive oil, sesame oil, vinegar, garlic, maple syrup, fruit & veggie purées, and more.

Explore our line of Italian-made wine vinegars, they'll add bright zing to homemade dressings and marinades.

Guess which dressing is a Fan Faves, [click here](#).



### Condiments

Our condiments and sauces can add incredible flavour to proteins and veggies, but did you know you can also use them as dressings?

With the addition of a little oil, vinegar, and fresh ingredients, put together an herbaceous pasta salad or a vibrant and hearty bean salad in minutes!



### Salad Toppers

The perfect combinations of salty, sweet, and savoury, add crunchy and chewy textures to your salads with our range of toppers.

Made with a blend of nuts, seeds, fruits, spices, and seasonings, they'll turn your fresh faves into the stars of the show!



# 5 Ways to Mayo

## A versatile culinary staple.

Mayonnaise or “mayo” is a tangy and creamy condiment that has a variety of uses from sandwich spreads to baked treats.

It's typically made by emulsifying—a fancy word for blending rapidly—egg yolks, oil, mustard, and an acid like lemon juice or vinegar. Often, it serves as a base for sauces or to add creaminess to your recipes.

Take a look at some ways you can incorporate it into your dishes!



1

### Poke Bowls

This Hawaiian dish features wholesome sushi rice, crisp veggies, and raw sushi-grade fish chopped into bite-sized pieces. We suggest topping it off with our Japanese-Style Mayos available in Ginger, Sesame, or Wasabi! Garnish with a sprinkle of Farm Boy™ Togarashi Seasoning.



2

### Pasta Salads

The perfect vehicle for bright summer flavours, pasta salad is easy to make and is endlessly customizable. Combine your choice of mayonnaise with herbs, spices, vinegar, lemon juice, and sweetener to form a rich, balanced sauce.



3

### Aioli Recipes

Crafted using the same emulsifying technique, traditional aioli is a close cousin to mayonnaise.

The major difference between the two is the use of olive oil and garlic—the name aioli quite literally means “garlic oil”. Make a quick version by adding olive oil and Farm Boy™ Garlic Flowers to a plain mayo base.

4

### Chicken Salads

Wondering what to do with leftover rotisserie chicken? Chop up fresh celery, onions, carrots, and parsley. Combine your fresh veggies with cooked, diced or shredded chicken, seasonings, and mayo. Now you've got an easy-to-make dish that can be added to salads, wraps, and sandwiches!

5

### Moist Cake

Mayonnaise can also be a useful ingredient for baked treats. Often a substitute for butter and eggs, it's commonly used to add moisture and tenderness to things like cakes, cookies, and biscuits.



# Barbecue Baked Brie with Summer Vegetables and Balsamic Glaze



PREP:  
10 mins



COOK TIME:  
20 mins



SERVES:  
4



DIFFICULTY:  
Easy

[View Full Recipe Online](#)



## Ingredients

1/2 cup Farm Boy™ Balsamic Vinegar  
1 1/2 Tbsp Extra Virgin Olive Oil divided  
1 1/2 cups assorted mini tomatoes halved  
2 Tbsp shallots very thinly sliced  
1 cup mini peppers sliced  
1 tsp Farm Boy™ Garlic Flowers  
Farm Boy™ Fleur de Sel and cracked black pepper to taste  
1 wheel Farm Boy™ Double Cream Brie  
2 Tbsp basil for garnish  
[Farm Boy™ Double Baked Multigrain Pita Crackers](#)

# Berries, Greens and Buffalo Mozzarella Salad



PREP:  
15 mins



SERVES:  
4



DIFFICULTY:  
Easy

[View Full Recipe Online](#)



## Ingredients

1/3 cup Farm Boy™ Apple Cider Vinaigrette  
Salt and pepper to taste  
4 cups tender greens or mixed lettuce  
2 cups sliced strawberries divided  
1/2 cup blackberries  
1/4 cup blueberries  
2 packs Farm Boy™ Buffalo Mozzarella drained and sliced  
1/4 cup Farm Boy™ Pumpkin Seeds toasted  
Pinch Farm Boy™ Fleur De Sel



# Cured To Perfection

Deli signatures that satisfy.

## Italian Deli Meats

Let your taste buds travel with our selection of authentic Italian deli meats. From a mild soppressata salami to buttery prosciutto, all are made in Italy with age-old recipes and special attention to tradition. Enjoy them in sandwiches, on charcuterie platters, and more!



## Rosette de Lyon

This beloved French classic is made the traditional way with premium pork, mouthwatering spices, and delectable ingredients. Perfect on charcuterie boards, pair this salami with your favourite wines, beers, cocktails, or mocktails. Available in Black Pepper, Chili Spiced, Classic, Parmesan, and Red Wine.



## Pepperoni Sticks or Kolbassa Chubs

Make snack time convenient, easy, and delicious! Start with our pepperoni sticks, made locally with Ontario pork and free of artificial flavours and colours. Next up are our versatile smoked Kolbassas: they're great in stews, roasted over a fire, or in packed lunches with fresh veggies and cheese.



# Vegan Delights

Plant-based alternatives for everyone.

From savoury to sweet, we have a constantly growing selection of plant-based products that don't compromise on flavour. Take mealtime up a notch with globally-inspired favourites like our fire-roasted salsas, Kimchi Dumplings, and Vegan Gluten-Free Slider Trio. Get a little cheesy and make a classic poutine with our Poutine-Style Cheese Curd Alternative. Satisfy your sweet tooth with our nut butters, plant-based frozen desserts, sesame-based chocolate spread, and more. At Farm Boy, there's something for everyone to enjoy!



## Prep a Delicious Vegan Barbecue With These Plant-Based Ideas

[View Blog](#)

Great barbecue doesn't have to be all about meat. You can enjoy delicious dishes that will give any cookout a run for its money with a little creativity, high-quality ingredients, and the right flavour pairings! Visit our blog for some tasty inspo on building your perfect plant-based menu.



# Frozen Treats To Beat The Heat

We have an ice-cold collection of sweet frozen delights that'll help you cool down the season with decadent flavour. Ice creams made with 100% Canadian dairy, authentically-crafted gelatos, sorbets made with real fruit, and ice cream sandwiches with soft chewy cookies—summer fun starts here!

**Tip:** Try it with Farm Boy™ Maple Mini Stroopwaffles to make bite-sized ice cream sandwiches or enjoy the handheld version in Chocolate, Dulce de Leche, or Lemon!

**Tip:** Try it with a banana, chocolate sauce, and whipped cream for a nostalgic banana split!

**Lulu's Tip:**

Visit our blog for a full guide on all our ice creams.

**Tip:** Try it with fresh berries!



# Snack HEROES

## Treats for starry nights and daytime adventures!

The summer season gives us a chance to explore the great outdoors, take trips to our favourite places, and spend time enjoying the company of loved ones. Good times require delicious foods and drinks to help make those nostalgia-worthy moments even more memorable. Fill your good times with our wide selection of snacks, beverages, proteins, veggies, fruits, and more.

### Farm Boy™ Cocoa Snack Clusters

A delicious blend of nuts, seeds, rich cocoa, and a touch of pure maple syrup for natural sweetness. Made in Ontario, these crunchy, high-fibre treats are a must-have for road trips, camping, and more.

### Farm Boy™ Smoked Jalapeño & Cheese Sausage

Inspired by our beloved fresh sausage recipe, these smoked sausages are perfectly spiced, fully-cooked, and ready to enjoy! Try them pan-fried, grilled, or skewered and roasted over the fire.

### Farm Boy™ Peach Hibiscus Cold Brew Herbal Tea

Your night will be just peachy with this thirst quenching bev! Cold-brewed, our herbal iced teas are crafted using botanical flavour infusion techniques. They contain no preservatives, artificial colours, flavours, or sweeteners, AND they're caffeine-free.



# Super HELPERS

## Pack the perfect cooler for the great outdoors!

One of the most important things about camping, picnics, and day trips is the food! Often, we pack a variety of tasty perishable and non-perishable foods. This includes those that are kept in cool conditions to be enjoyed at their best or to last long enough until they can be used. Here are a few tips and tricks to help you pack your cooler more efficiently.



Farm Boy™ Insulated Cooler Bag

## 7 tips to keep your foods and drinks chilled

**Tip 1:** Chill your cooler ahead of time by storing it in a cool location or if possible, in a freezer.

**Tip 2:** Prepare all your cold foods the night before. Packing your cooler should be the last thing you do before you head out on your adventure!

**Tip 3:** Think about what you need to access immediately versus what may be used later in the trip, and pack accordingly.

**Tip 4:** Pack in layers and add ice or frozen items between each food section. Frozen foods like meats should be at the bottom followed by beverages, refrigerated foods (deli meats, cheeses, etc.), and delicate items (eggs, veggies).

**Tip 5:** Limit the amount of air and space that is in your cooler. This will help keep things like ice, cold packs, and frozen items from melting fast. If you have extra space, fill it with towels (to insulate) or more ice.

**Tip 6:** Especially for longer trips, freeze foods and meats to use them as cooling elements. Make sure your food is packed in water-sealed packaging.

**Tip 7:** Don't drain any water from your cooler as this helps to keep foods cooler for longer.



# Bake Shop Goodies

Scrumptious travel-ready bites for the road.



## Sweet Handhelds

At our Bake Shop, you'll find classic packable treats like Swiss rolls filled with fluffy frostings and fruity fillings, muffins big and small, authentic Portuguese-style egg tarts, and soft cookies that taste just like homemade!



## Squares and Brownies

From rich fudgy brownies to tart lemon squares, we have loads of decadent desserts that are sure to be a hit at your next gathering! Made by us, enjoy customer favourites like our Triple Fudge Buttercream Brownies or Salted Caramel Apple Pie Bars.



## Pies and Pastries

Enjoy a variety of homestyle pies featuring flaky, buttery crusts and scrumptious fillings made from scratch with top-quality fruits. We're LOVING our Saskatoon Berry Rhubarb Pie. Explore our bountiful selection of cinnamon rolls, croissants, Danishes, strudels, butter tarts, and more!

## Buns and Rolls

We've got all the essentials you need to make the best burgers, lobster rolls, toast, sandwiches, and more! Load up our soft and chewy potato rolls and buns with grilled proteins or pair your meals with our deliciously shareable Garlic Pull-Apart Buns.



# Farm Boy Goes Bananas with Equifruit

Disrupting the market with an ethical promise.

Led by two pioneering women, Jennie Coleman and Kim Chackal, Equifruit is a Canadian business with a mission to achieve what they call "Global Fairtrade Banana Domination". They carry with them a 100% Fairtrade brand promise.

This means that 100% of their grower partners are paid according to Fairtrade International's standards, 100% of the time. With a commitment to sustainability, ethical standards, low environmental impact, and fair value distribution across the supply chain, they're shaking up the banana game and produce industry as a whole.

In 2016, Farm Boy began a fruitful partnership with Equifruit, becoming the first conventional retailer in Ontario to transition our organic banana selection to Equifruit's organic Fairtrade bananas.

Over the past 8 years, our customers have contributed to the growth and support of ethical practices across the board when it comes to how the business of bananas is done.

Because of customers like you, we're ensuring a better future on a local and global scale by improving fair practices along every step of the supply chain.

We're incredibly proud to have helped spur the Fairtrade banana movement in Canada and are excited to continue supporting positive change together.



## "A-peeling" Facts:

- In 2024, Equifruit became a certified B Corporation. This means the company follows the highest standards in transparency, sustainability, ethics, and accountability, while also being dedicated to creating a positive impact on the world.
- Equifruit is certified by WeConnect International as a women-owned business.
- They work directly with partner farms in Ecuador, Peru, Colombia, Nicaragua, and Mexico.

Follow @equifruit to join the movement!



# EQUIFRUIT

# CHEF'S Market

Skip the restaurant and bring home cuisine that's been crafted with care.

Come on in!



Whether you're dining-in or taking-out, we're bursting with foods that will satisfy your taste buds and your budget! Need a quick side dish? Done. Want to add some delicious proteins to your spread? Check.

Our chefs have plenty of made-from-scratch dishes that will take the hassle out of mealtime—because we've done the work for you!

Discover our selection of salads, soups, sides, proteins, and more prepared with only the freshest, high-quality ingredients.



## Fresh & Ready

For a quick, easy meal, enjoy our fresh salads, sandwiches, and wraps made with wholesome ingredients.

Don't forget about customer favourites like our Seven Layer Dip Dip, Eda-Yummy Dip, and Tzatziki.

From shredded cheddar blends and feta cheese to hard-boiled eggs and plant-based proteins, customize your salads with your favourite flavours.

\*Hot Bar, Salad Bar, and Hot Cases are available at select locations. Products are subject to seasonal menu changes and availability.

## Learn How to Hack Our Hot & Salad Bars

Check out a handy guide that'll help you hack our salad bars for maximum tasty results. Whether you're grabbing lunch on the go or sticking around to enjoy a meal in our café with free wi-fi, our list of hacks is guaranteed to help!

[Learn More](#)

# Summer Soups

Our ever-expanding roster of signature soups are a source of pride for our chefs, who craft them with authentic, made-from-scratch recipes. With over 30 to choose from, these wholesome, hearty, and savoury soups offer a range of tastes from familiar favourites to unique seasonal varieties.

\*Soups are available at select locations. Products are subject to seasonal menu changes and availability.



Looking for a satisfying bite? Pick up some of our hot dogs, potato poutine, or our iconic smash burgers, all made fresh in-store daily!

Put together a meal in minutes by taking home ready-to-enjoy BBQ chicken, chicken wings, ribs, roasted potato wedges, and stir-fries.

\*Hot Bar, Salad Bar, and Hot Cases are available at select locations. Products are subject to seasonal menu changes and availability.

# Hot & Ready



# Hot Bar

We have globally-inspired dishes to satisfy vegetarians and meat-eaters alike.

Prepared daily by our chefs, explore our selection of tender proteins, vegetarian chilli, pastas, and comfort classics like lasagna.

\*Hot Bar, Salad Bar, and Hot Cases are available at select locations. Products are subject to seasonal menu changes and availability.



# Enjoy Breakfast at Farm Boy!

Start your day the right way with delicious dishes prepared by our chefs each morning.

From convenient egg bites & potatoes to scrambled eggs, mesquite potatoes, and bacon, we take the most important meal of the day seriously!

If you're looking for something more travel-ready, try scrumptious handhelds like a Sausage & Egg Croissant, Meat Lover's Breakfast Sandwich, Vegan Egg & Cheese Wrap, and more.



As of May 27, the chef area at Farm Boy Rideau will now open early at 8 am for breakfast from Monday to Friday.

Breakfast is now being served at Farm Boy Britannia!

# Come on in!

Farm Boy Rideau

# BREAKFAST Now Available!

**Monday-Friday  
8 am - 11 am**





# Crafted with Care: Enjoy Restaurant Quality Sushi To Go!

Established as a restaurant (Ah-So Gardens) in London, ON, in 1982, this family-run business expanded and rebranded in the 90s to Ah-So Sushi, with sushi bars across Ontario. They continue to provide premium-quality fresh sushi to Farm Boy customers at all locations. The company is committed to innovation, offering a full range of sushi options and ensuring an exceptional service experience filled with fresh, delicious choices.

In addition to an extensive selection of grab-and-go sushi for one or two, Ah-So Sushi crafts premium platters filled with bountiful maki rolls, hand-pressed nigiri, and fresh-sliced sashimi all ready for you to enjoy. Each platter comes with the essentials like soy sauce, wasabi, and ginger. Check out the newly added Ah-So Sushi options on the [Farm Boy catering menu!](#)



## Reduce, Reuse, Recycle!

Join the reuse revolution by giving your empty Farm Boy containers a new life. From packing for picnics, road trips, and camping excursions to everyday snacking, repurposing these items can help reduce the amount of waste that we create. Every small action has a greater impact towards building sustainable practices and ensuring a greener future. Together, we can make a difference!



# Bountiful Blooms

Vibrant colours and fresh scents of the season.

Experience the wonderful aromas and colours of summer with our selection of flowers and plants. At Farm Boy, you'll find an abundant variety of floral

arrangements, potted plants, and fresh-cut stems that suit any occasion. Sourced from local greenhouses and farms, take home nature's beauty today!



## We Grow Millions

From humble roots, since 1948 Bayview Flowers has grown to become one of the largest growers and distributors of ornamental flowers and potted plants in North America.

As a vertically integrated company that's continuously innovating, we offer an unparalleled level of quality, service and selection, tailored to the needs of our large wholesale and retail partners.

As a family-owned business, we take pride in both our plants and our community. Through our ethical business practices and commitment to sustainability we strive in all that we do to cultivate joy and a brighter global future.

We grow over a million cut peony stems per year, and are proud to be a Farm Boy supplier.

# Cooking with Purpose

Tackling food insecurity, one apron at time!

Our stylish, limited-edition aprons offer the perfect protection against culinary messes and make great gifts for the foodies or Farm Boy fans in your life. Aside from keeping you clean, the aprons carry with them a profound purpose—to help those in need. This is achieved through two methods: apron sales and food rescue.

Cooks Who Feed, producers of the kitchen garments, provide workers with livable wages and a safe place

to work, while a portion of each sale goes towards feeding those in need. With the assistance of Second Harvest Canada and other local food rescue programs, each apron sold helps to deliver 100 meals to the hungry. Together, we're tackling food insecurity by putting good food into the hands of those struggling within our very own communities.



Fair Trade



Eco-Friendly



Handmade with Love

**Purchase a Limited Edition Apron at a Farm Boy near you!**

# Your Neighbourhood Store

## A fresh-market shopping experience awaits.

At Farm Boy, you can expect to receive the highest quality food at great everyday value. With an emphasis on bringing in the best local products, enjoy our selection of long-lasting produce, butcher-quality meats, sustainably-sourced seafood, artisan-style cheeses, traditional deli products, made-from-scratch pastries, plant-based alternatives, and more. Stop by for a visit today!



### Aukland

5245 Dundas St W, Toronto, ON



**Jennifer, Store Manager**

#### Favourite Product:

Farm Boy™ Louisiana Style Cajun Mix.

#### What's Nearby

Next to Kipling Station.

#### Parking

Free 60 minutes of parking with \$15 purchase.

#### Store Hours

Weekdays: 8:00 am - 9:00 pm  
Weekends: 8:00 am - 8:00 pm



### Sugar Wharf

Unit No. 200, 100 Queens Quay East, Toronto, ON



**Barry, Store Manager**

#### Favourite Product:

Farm Boy™ Eda-Yummy Dip.

#### What's Nearby

Close to Sugar Beach!

#### Parking

Free 60 minutes of parking with \$15 purchase.

#### Store Hours

Everyday: 8:00 am - 10:00 pm



**Philip, Store Manager**

#### Favourite Product:

Farm Boy™ Homestyle Cookies.

#### What's Nearby

Close to David A. Balfour Park!

#### Parking

Free 90 minutes of parking with \$20 purchase.

#### Store Hours

Everyday: 8:00 am - 10:00 pm



### St. Clair

81 St. Clair Avenue East, Toronto, ON

**Victoria, Store Manager**

#### Favourite Product

Farm Boy™ Garlic Seasoned Croutons.

#### What's Nearby

Close to Christie Pits Park!

#### Parking

Free 75 minutes of parking with \$15 purchase.

#### Store Hours

Weekdays: 8:00 am - 9:00 pm  
Weekends: 8:00 am - 8:00 pm



### Dupont

744 Dupont St, Toronto, ON



# Farm Boy *Inside Scoop*

A place where deep rooted connections can grow!

Our Team Members are incredibly dedicated and hard working individuals! Whether they work in Retail, Distribution, Production or Home Office, they strive to provide the most delicious food.

We are united by one goal, it is an ambitious one, but we live up to it as a team. Explore the spotlight on some of our amazing Team Members in their field!



**Jim Empey**

Manager - Brand and  
Content Strategy  
Home Office

I have had many roles in my 11.5 years at Farm Boy including managing store signage, public relations, social media, community engagement, and customer care... but I always approached my work from the view of a customer. How can I make their experience better – whether viewing the flyer, shopping at the store, or enjoying our products at home. When we focus on the customer, we can solve problems before they happen, ensuring a positive experience for customers and Team Members alike. We want them to know that we constantly strive to provide the freshest, tastiest foods that they can enjoy sharing with their family and friends.

**Favourite Farm Boy Product:**

Farm Boy™ Extra Old Small Batch Cheddar.

**Favourite Dish:** Farm Boy™ Diner Dinner – Meatloaf with Carrots and Mashed Potatoes, and my mom's homemade apple crisp!

**Inspirations:** I am inspired by the change of seasons reflected in day-to-day life. I am always learning, and growing.

**Goals:** Continue to support the growth and development of the Marketing Team with training, collaboration and engagement.



**Marisa Zamperin**

Chef Department  
Manager  
Farm Boy  
St. Catharines

I love my team! We all work together to get the job done while making our customers happy to shop in our department.

The St. Catharines team is a big family with lots of love. I'm proud to be a part of it.

**Favourite Farm Boy Product:**

Parisian Bread, Portuguese Custard Tarts, Farm Boy™ Family-Sized Fresh Salads, and Farm Boy™ Eda-Yummy Spicy Kale Edamame Dip.

**Favourite Dish:** Pizza, french fries, and curries.

**Inspirations:** Seeing the joy and happiness people have when they eat great food.

**Goals:** Leading my own Farm Boy team.

Note: Interviews have been edited for length and clarity.



## JOIN THE FRESH SQUAD

**WE HAVE OPPORTUNITIES ACROSS ALL DEPARTMENTS!**

Speak to a manager or visit [farmboy.ca/careers](https://farmboy.ca/careers)  
for information on our current opportunities.



# What's New?

Fresh and fun arrivals hitting the shelves.

Farm Boy™

## Old Fashioned Sodas

Step back in time with our retro-inspired sodas crafted in small batches and sweetened with cane sugar.

Available in convenient glass bottle singles or 12-pack cases. Try them in Ginger Beer, Lime Rickey, and Root Beer.



Farm Boy™

## Coffee Capsules

Seven expertly-sourced coffees unite to form a rich, full-bodied, and aromatic cup of espresso.

Skip the coffee shop line and brew a convenient cup to-go in minutes!

Enjoy a selection of Medium, Dark or Decaffeinated varieties.



Farm Boy™

## S'Mores Kits

Whether over a fire, under your oven broiler, or in an air fryer, our kit has all the ingredients you need to assemble warm and gooey s'mores!

Make up to 20 s'mores with our crunchy graham crackers, pillowy marshmallows, and rich milk chocolate.

Available for a limited time!



Farm Boy™

## Zero-Proof Cocktails

Take a thirst-quenching sip of our seasonally-inspired cocktails that taste just like the real thing—only with less than 0.5% alcohol content!

Naturally flavoured and sweetened with cane sugar, enjoy these authentically-crafted beverages in Mojito, Mule, and Paloma. Available for a limited time.

### Limited Edition Farm Boy Aprons

We're helping tackle food insecurity in our communities. For each apron sold, 100 meals are provided to those struggling with food insecurity across North America.

Available at your local Farm Boy





FOOD TALK WITH ROSE



# Food Talk with Rose

## Recipe: Fresh Herb Salad

Herb salads are fresh, light, and packed with flavour, making them perfect for any season.



**Rose Turchio**  
Farm Boy Community Engagement Manager  
Certified Nutritional Practitioner  
& Culinary Nutrition Expert

Summertime is when garden herbs are plentiful and have the potential to become the stars of your meals. Not only are they beneficial for deterring pests, but also contain numerous nutrients and are low in calories.



**Mint** is high in antioxidants and can help to improve digestion and concentration.



**Basil** contains calcium, iron, and Vitamin A. It's also known to have anti-inflammatory properties and aid in digestion.



**Parsley** is an excellent source of Vitamins A, C, and K. It contains calcium, fibre, and heart healthy potassium, among loads of other benefits—like the sleep-promoting tryptophan!

Stop by your local Farm Boy to pick up a few of our organic potted herbs.

These tasty plants can be enjoyed and later planted in your garden or kept on a windowsill.

**Did you know...**

Parsley and mint can help to freshen your breath!



Visit our website to learn how to make this fresh, herbaceous recipe that utilizes the powerful and delicious properties of these plants

[View Recipe Online](#)

- ½ cup flat leaf parsley leaves
- ½ cup curly parsley leaves
- ½ cup cilantro leaves
- ½ cup dill sprigs
- ½ cup basil leaves
- ½ cup mint leaves
- ¼ cup chives, cut into 1" pieces
- 2 cups tender greens such as Spring mix, baby arugula or artisan lettuce

- ½ cup thinly sliced radishes
- 1 large Lebanese cucumber, thinly sliced into ribbons
- ½ cup green peas
- Farm Boy™ Apple Cider Vinaigrette to taste
- ½ cup Parmigiano Reggiano, grated
- 2 Tbsp Farm Boy™ Roasted Pumpkin Seeds



## Outdoor secrets to help you enjoy the sunshine!

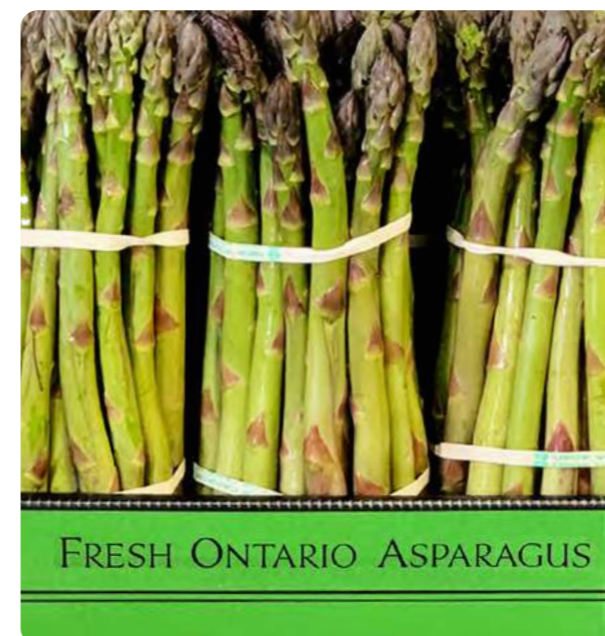
Summer is a time of year where we enjoy warm sunshine and experience the joys of outdoor adventures, road trips, and fun gatherings with loved ones.

It's also a season where plants and wildlife flourish and return to peak form. Unfortunately, this means pests like mosquitoes, ants, flies, ticks, and other insects abound.

Although things like bites and garden thievery will undoubtedly occur, there are some natural ways to reduce or keep these pesky bugs at bay!

Here are some common plants that you can keep around your home and in your garden that may prove effective in minimizing or keeping away any unwanted critters.

- Lavender
- Citronella
- Peppermint
- Lemongrass
- Rosemary
- Petunias
- Alliums
- Geranium
- Catnip
- Cedar
- Basil
- Thyme



# From Our Farm to Your Table

Nightingale Farms, located in La Salette, ON, is currently in the third generation of growth.

The farm was founded in 1950 by Frank J. Nightingale where it began growing strawberries and tomatoes. What once was a small family farm has grown to vast fields and greenhouse growing the freshest conventional and organic produce.

Owned and operated by Bill Nightingale Jr (third generation), the farm prides itself on providing wholesome produce with a focus on quality and reducing waste.

Look for their products in our stores.



# Showing Some Community Love

Participating at events and initiatives within our local areas is one of the ways we engage with our customers and neighbours. Below are some of our favourite highlights from this past spring season and some exciting details on future summer events!

## Recent Events

### Farm Boy Spring Egg Hunt

On March 21–25, customers brought their little ones to join us for some in-store fun, winning tasty prizes and other goodies! As they walked down the aisles, they kept their eyes peeled for one of our hidden Easter eggs and claimed their victory at the cash.



### Farm Boy Newmarket Spring into Freshness

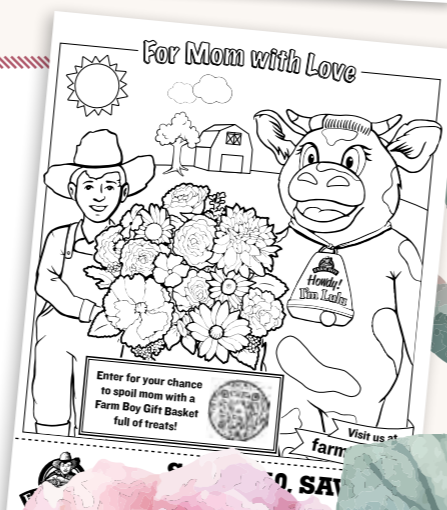
We welcomed the season with a celebratory event filled with delicious local foods, entertainment, and fun for the kids. For us, store events are a way to connect with our community and show off what we love about our neighbourhood! Stay tuned for more events at your local Farm Boy.



## MOTHER'S DAY

From May 2–12, we gave the customers a chance to win Mom a gift basket filled with delicious products and a couple of our limited-edition Farm Boy™ Aprons! They also received a coupon for their next visit and the kiddies got a fun colouring sheet to finish and put on our café walls.

Some lucky moms were surprised with free tulips at the cash after their shop!



## Coming up

### Canada Day BBQ

Celebrate Canada Day with us at Farm Boy Bronte where we'll have tasty foods, fun activities, prizes, entertainment, and so much more! Check out our socials and website for more details to come.

### New Stores!

Stay tuned for new store openings this year in Port Credit and Burlington South. We're looking forward to bringing these communities a fresh market experience with long-lasting produce, local artisan goods, made-from-scratch foods, outstanding customer service, and more.

### Turkey Ontario Tour

This year, we're back on the Turkey Ontario Tour supporting local turkey farmers! The tour will make stops at our stores (listed below) and offer customers a mouthwatering BBQ tasting experience along with local treats and appearances from Lulu, Farm Hand, and other special guests!

- |                                    |  |
|------------------------------------|--|
| Monday, July 1 <sup>st</sup> :     | <b>Bronte</b> (2441 Lakeshore Rd. W., Oakville)                  |
| Saturday, July 6 <sup>th</sup> :   | <b>Oakwoods</b> (1907 Ironoak Way, Oakville)                     |
|                                    | <b>Walkers Line</b> (3061 Walkers Line, Burlington)              |
| Sunday, July 7 <sup>th</sup> :     | <b>Aukland</b> (5245 Dundas St. W., Toronto)                     |
|                                    | <b>Dupont</b> (744 Dupont St., Toronto)                          |
| Sunday, July 13 <sup>th</sup> :    | <b>Newmarket</b> (18075 Yonge St., Newmarket)                    |
|                                    | <b>Mapleview</b> (436 Bryne Dr., Barrie)                         |
| Sunday, July 14 <sup>th</sup> :    | <b>Yonge &amp; Silver Maple</b> (12266 Yonge St., Richmond Hill) |
|                                    | <b>Aurora</b> (10 Goulding Ave., Aurora)                         |
| Saturday, July 20 <sup>th</sup> :  | <b>Masonville</b> (109 Fanshawe Park Rd. E., London)             |
|                                    | <b>Beaverbrook</b> (1415 Beaverbrook Ave., London)               |
| Sunday, July 21 <sup>st</sup> :    | <b>Fairway</b> (385 Fairway Rd. S., Kitchener)                   |
|                                    | <b>King &amp; Weber</b> (417 King St. N., Waterloo)              |
| Saturday, July 27 <sup>th</sup> :  | <b>Guelph</b> (370 Stone Rd. W, Guelph)                          |
|                                    | <b>Cambridge</b> (350 Hespeler Rd., Cambridge)                   |
| Sunday, July 28 <sup>th</sup> :    | <b>St. Catharines</b> (295 Fourth Ave., St. Catharines)          |
|                                    | <b>Harvard Square</b> (801 Mohawk Rd. W., Hamilton)              |
| Saturday, August 3 <sup>rd</sup> : | <b>Oshawa</b> (1820 Clearbrook Dr., Oshawa)                      |
|                                    | <b>Whitby</b> (360 Taunton Rd. E., Whitby)                       |
| Sunday, August 4 <sup>th</sup> :   | <b>St. Clair</b> (81 St. Clair Ave. E., Toronto)                 |

**Notice:** Activation dates, locations, and offerings may be subject to change due to unforeseen circumstances like poor weather, availability issues, and emergencies.

## Take A Peek @OfficialFarmBoy

Follow us on all our socials to keep up to date with all our events, specials, and delicious finds.



Don't forget to tag us @OfficialFarmBoy with any related posts and #FarmBoyHaul on your next tasty shop!



# Farm Boy Chefs have whipped up just the thing for you!

Are you planning for a special night in, feeling inspired to try something new, or preparing for a crowd? We have crafted the meals for you.

Our chef-prepared dinners are designed to bring a restaurant-quality experience to your table. Each menu is created with seasonal ingredients, crowd pleasing flavours and substantial servings.

We guarantee each chef-prepared dinner has just the right amount of indulgence, fun, creativity, and value for quality, to always surprise and delight you and your guests.

## Count on Farm Boy Year Round

We offer 20 or more *Indulgence Dinner For 2* choices are available throughout the year. Family Style dinners (for 6-8 people or 4 people) are typically offered: Family Day, Easter, Mother's Day, May Long Weekend, Father's Day, Canada Day, August Long Weekend, Labour Day, Thanksgiving and Christmas. Order in-store or online.

[Learn More and Order Online!](#)

## Next Dinner Coming Up:

