

# Route 9 - Enjoying the Flavours of Summer

**Dates:** June to August

**Route area:** Avonmore and Cornwall

From picking your own fruits to a farmers' market with a view, stop to restock all your food and household essentials while also enjoying some of Cornwall's best local foods.



## STOP

#1

### Rubicon Farms

**Address:** 3160 County rd. 15, Avonmore, ON K0C 1C0

Pick your own blueberries or stop by and get yourself some delicious and in season fruits, jams, and honeys. (From mid/end of July to August)

## STOP

#2

### The Local Fill

**Address:** 1515 Pitt St., Cornwall, ON K6J 3T9

Bring your own jars and restock on a whole selection of zero waist local essentials such as bamboo utensils, household products, body products, and bulk food.

## STOP

#3

### Carrots N' Dates

**Address:** 116 Pitt St., Cornwall, ON K6J 3P4

Both a restaurant and a bakery, try some of their locally sourced tasty and healthy dishes.

## STOP

#4

### Cornwall Kinsmen Farmers market

**Address:** 2 St. Lawrence Dr., Cornwall, ON K6H 4Z1

Find fruits and vegetables, herbs, meats, jams, maple syrup, pastries, honey, beer and wine, as well as soaps, bath bombs and handcrafted wooden creations.

## STOP

#5

### Thai Khmer Cuisine

**Address:** 417 Thirteenth St. W., Cornwall, ON K6J 3H4

Choose from a selection of nearly 50 dishes that will have you salivating. Specialties: Pad Thai, Satay Kai and Pa Naeng Curry.

## STOP

#6

### Auberge Chesley's Inn

**Address:** 40 First St. W., Cornwall, ON K6J 1B9

Stay the night in one of 4 rooms with unique character and enjoy this charming, 1814 B&B and their breakfast, featuring local and seasonal foods.



These excursions are proudly developed by the Eastern Ontario Agri-Food Network to promote locally grown food and businesses!  
[www.agro-on.ca](http://www.agro-on.ca)