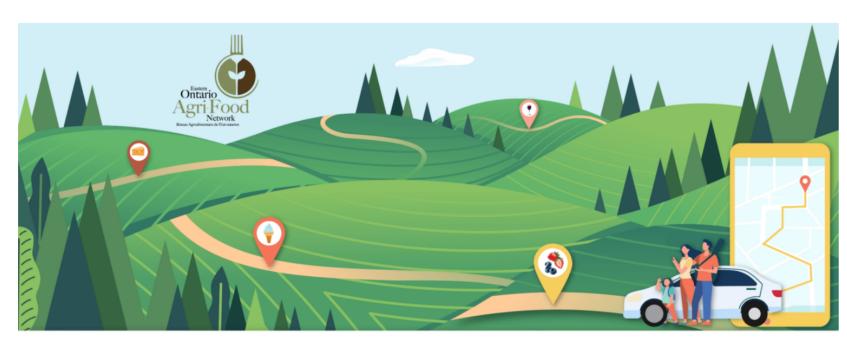
Route 9 - Enjoying the Flavours of Summer

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 you food and household essentials while also enjoying some of Cornwall's best local foods.



SAMPLE THE EAST | DISCOVERING SEASONAL ROUTE

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STOP	Did	hicon	Farms
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#1 Address: 3160 County rd. 15, Avonmore, ON KOC 1CO

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 The Local Fill

#2 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 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 Cornwall Kinsmen Farmers market

#4 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 Thai Khmer Cuisine

#5 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 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