



Get it fresh, get it local!

While the Old Strathcona Farmers' Market is widely renowned for its fresh from the farm produce, most of your household staples are also available. To help plan your weekly shopping, here's a shopping list of items available at our market:

Dairy

- Cheese
- Eggs

Produce

- Seasonal fruits
- Seasonal vegetables

Prepared Foods

- Soup
- Pasta
- Pizza
- Specialty ethnic entrées & sides

Beverages

- Juice
- Coffee
- Tea
- Wine

Meat, Fish & Poultry

- Beef
- Pork
- Chicken
- Turkey
- Fish

Condiments

- Jam
- Jelly
- Relish
- Pickles
- Mustard
- Dips

Baking & Seasoning

- Flour
- Herbs
- Nuts
- Syrup

Bakery

- Bread
- Buns
- Cakes & cookies
- Pies

Other

- Snack foods (chips, popcorn)
- Candy
- Gluten Free

Visit osfm.ca for weekly features and seasonal specialties.

