

# Anatomy of a local salad

BY AMANDA PERSICO  
Staff Writer

Ontario's salad bowl is getting filled with a new grant from Friends of the Greenbelt Foundation.

As part of the ongoing push for more locally grown food on grocery shelves, a \$400,000 grant will help the Holland Marsh Growers' Association label produce grown in the rich soil of the Holland Marsh, association executive director Jamie Reaume said.

"There is a consumer interest in local products," he said. "Local food is grown just north of you."

Along with a label to identify home-grown foods, the association is looking to package and distribute produce locally.

Not only is produce grown in the Holland Marsh, it is also stored, processed and packaged in the area.

"The area is well known by people who stop along the road," he said. "We want to reacquaint people with the products of the black soil."

The Holland Marsh, more than 15 kilometres long and four kilometres wide, totalling more than 10,000 acres, is one of the most nutrient-rich places in Ontario with the highest production of vegetables and greatest collection of farmers, Mr. Reaume said.

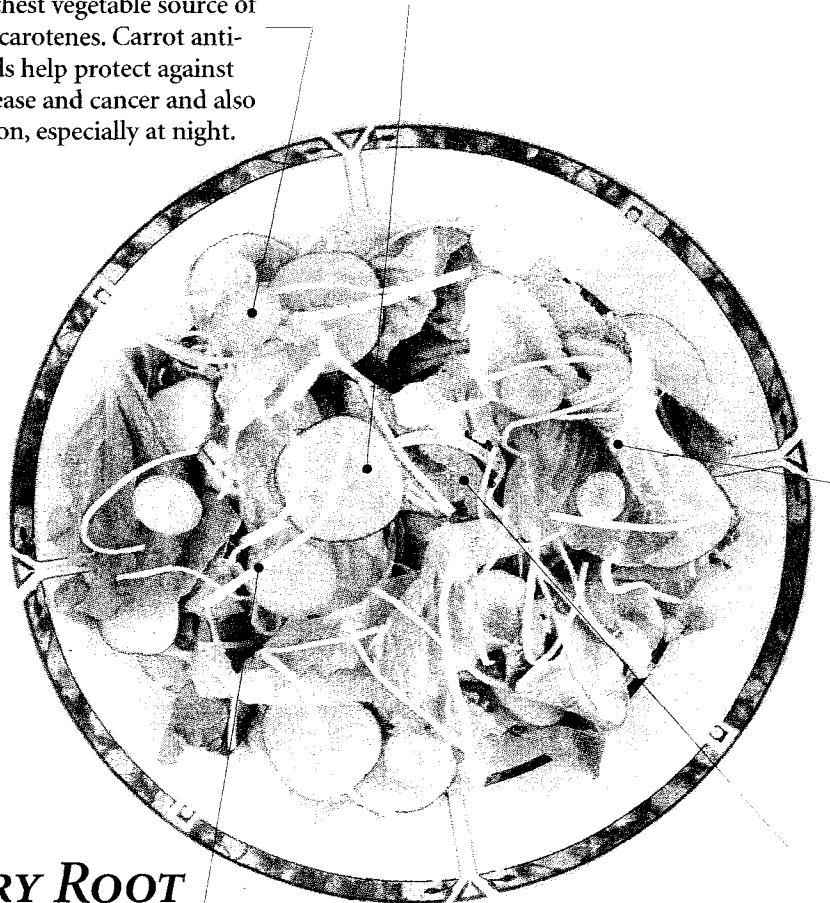
The marshland is home to more than 45 crops and more than 150 farm operations, large and small.

Some of the crops grown in the Holland Marsh include red and green leaf lettuce, celery, spinach, bok choy, radishes, carrots, tomatoes, onions and herbs.



## CARROTS

Are an excellent source of antioxidant compounds and the richest vegetable source of the pro-vitamin A carotenes. Carrot antioxidant compounds help protect against cardiovascular disease and cancer and also promote good vision, especially at night.



## CELERY ROOT

Provides an excellent source of vitamin C and fibre. It is a very good source of folic acid, potassium and vitamins B1 and B6. It also offers a good source of vitamin B2 and calcium.

## RADISHES

Radishes and their greens provide an excellent source of vitamin C, offer a good source of the trace mineral molybdenum and are a good source of potassium and folic acid. Like other members of the cruciferous family (cabbage, kale, broccoli, brussels sprouts), radishes contain cancer-protective properties.

## LETTUCE

Is an excellent source of vitamin A, folate, vitamin C, manganese and chromium. In addition, it is a very good source of dietary fibre, vitamin B1, vitamin B2, potassium, molybdenum, iron and phosphorus.

## TOMATOES

Are an excellent source of vitamin C, vitamin A and vitamin K. They are also a good source of molybdenum, potassium, manganese, dietary fibre, chromium, and vitamin B1. In addition, tomatoes are a good source of vitamin B6, folate, copper, niacin, vitamin B2, magnesium, iron, pantothenic acid, phosphorus, vitamin E and protein.

*All ingredients grown in Holland Marsh*