

PURCHASING PLEASURE



CULINARY TO GO: Grand Oak Culinary Market in Vineland is stocked to the posts and beams with selected foods you won't find in every grocery store, including local fruit, vegetables and products, plus creations and baking by Chef Jan. Of special note: a gluten-free department and large counter for international cheeses. Grand Oak Culinary Market, 4600 Vineland Ave., Vineland 289 567 0487 goculinary.ca

LOCAL PRODUCTS: Delicious local food products are easy to find in communities all along the Niagara Escarpment. This Isle Away honey is "from the fields and forests of Manitoulin Island." Island Foodland, Mindemoya 705 377 6200



LOCAL & LUSCIOUS

TANTALIZINGLY WRAPPED: a B.A.T. or bacon, avocado and tomato sandwich, with delicious local bread, toasted if you please. Just one of several daily sandwich and soup choices on the blackboard, to take out or eat in. Also available, fresh Ontario produce, frozen meals and made-from-scratch, in-store soups like borscht, plus Ontario sausage, local jams, pickles, canned fruit...and much more. The Market Shoppe, 7 Toronto St. South, Markdale 519 986 4144 themarketshoppe.com



SWEET INDULGENCE: An impressive selection of handcrafted chocolates of the highest quality. No-sugar-added chocolates and Mayan Mole Rub are also available. 50 King St. W., Dundas 289 238 8509 beanermunky.com