



As Canadian days grow shorter, and with winter fast approaching; many greenhouse farms have already finished their harvests for another season. Many of our Ontario Greenhouse Vegetable Growers are also beginning to wind down some of their production as well. Those who are unable to heat and light their crops begin their annual "clean out" – a process by which the interior of the greenhouses are stripped of any remaining fruit, all the vines in the greenhouses are pulled, as well the growing medium from which the vines are started from are also removed. Once all materials are pulled from the facility, a thorough and robust sanitation of the entire Greenhouse is performed, so that the facility is ready for new seedlings sometime in the early new year. With cucumber plants this process ac-

tually can happen as many as five times per year! Ontario's greenhouse farmers are also on the cutting edge of many unique growing technologies, and with careful planning, some of our greenhouses continue to grow right through the coldest winter months. As greenhouse farmers continue to innovate, Ontarians will have even more access to fresh nutritious Ontario grown tomatoes, peppers and cucumbers all year long. Expect a long list of new items to find their way onto store shelves as well. Canadian consumers continue to support our farmers, and our retailer partners have worked with our farmers diligently through a challenging year with continued disruptions, delays and a variety of other issues brought on by the Pandemic.

This time of year, we also say good-bye to many of our International Guestworkers as they head back to their home countries. Their hard work and dedication are paramount to Canadian food security and are invaluable members of our farm teams. We look forward to seeing them again next season.



THE ADVENTURES OF Lady Bug

ENGLISH CUCUMBER

MINI CUCUMBER

MICRO CUCUMBER

Ontario Greenhouse Vegetable Growers supply our stores with a wide variety of cucumbers.

From long English cucumbers, to mini cucumbers, to even extra small micro cucumbers, these tasty treats are perfect for recipes from salad to snacks. They are packed with vitamins and their thin skin doesn't need peeling, saving on prep time!

Charity Spotlight:



In 1973, a group of concerned citizens had a vision to create a community sponsored agency that would address the various needs of the people of South Essex. South Essex Community Council now hosts a wide variety of services and programs for children and youth, career hub, newcomers to our community, and seniors, including facilitating the Meals on Wheels program.

Hot, nutritionally balanced meals are available Monday through Friday, and each meal consists of an appetizer, entrée, and dessert. Our meals are delivered by friendly volunteers to provide social contact and check-in for those who live alone, and most food allergies and sensitivities can be accommodated.

SECC is ready to help individuals over 65 prepare for the upcoming change in season and to assist seniors and persons with disabilities to remain independent in their own homes and fully participate in their community. To find out more on any of the programs listed above, please contact South Essex Community Council at 519-326-8629 or visit our website at www.secc.on.ca.



Commodity Spotlight

Mini Peppers

Small, thumb size peppers that measure about three inches tall and have a crisp texture. They are sweet and have very few seeds, so they produce very little waste.

