



Ontario Greenhouse Vegetable Growers work year-round to ensure that families in our community and beyond have access to fresh locally grown produce.

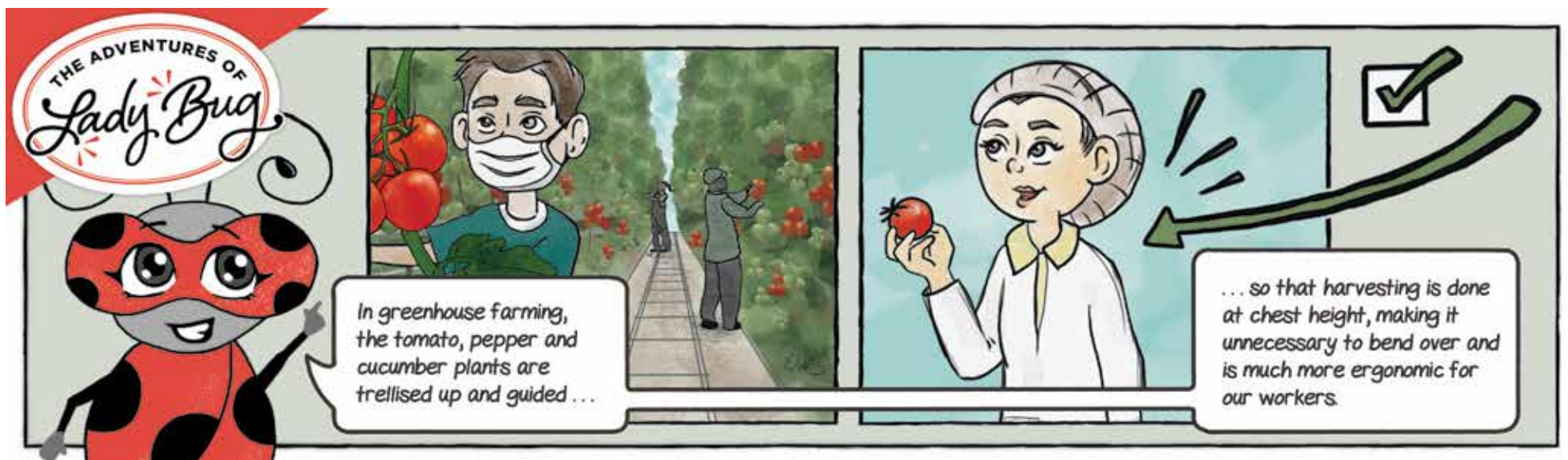
Tomatoes, peppers, and cucumbers are wonderful veggies that are versatile enough to incorporate into meals from breakfast to dinner and snacks in-between.

Tomatoes are a good source of lycopene, a powerful antioxidant that has been clinically proven to reduce the harmful effects of UV rays as well as reducing the risk of some cancers. Tomatoes are also an excellent source of vitamin A, vitamin B6, vitamin C, dietary fibre, folate, magnesium, and potassium.

Surprisingly, Bell peppers offer a more concentrated source of vitamin C than oranges!

Cucumbers are a fresh, easy snack-on-the-go, can be infused with water, and can be an amazing base for side-dishes that will complement easy week-night meals or special occasion dinners.

Our grower members and local marketers have partnered with amazing chefs and their websites are a perfect place to begin looking for inspiration to support our local growers and explore the amazing variety of dishes that will keep you and your family craving healthy options.



Pathways Spotlight

Production Manager

Oversee all aspects of the facility to ensure everyone is working together as a team to get vegetables to the consumer on time and on budget.

- Organize and track crop inputs and yield.
- Ensure product quality is top notch by establishing an efficient picking, packing and shipping process.
- Continuously look for ways to improve the process.
- Ensure quality standards are met.
- Work across all departments to ensure all deadlines are met efficiently.

Skills: Problem solving, organization, communication, time management, delegation, information technology, leadership. Spanish language skills an asset.



Commodity Spotlight

Beefsteak

Big, juicy, meaty, and heavy; some weigh as much as four pounds. They have a classic tomato flavour and can range in color from pink to vibrant red to orange, depending on the variety.

Beefsteaks are perfect for slicing and adding some fresh flavor to sandwiches, burgers and more!