



Proud Greenhouse Capital of North America



Ontario, and our communities, are acknowledged around the world as the Greenhouse Capital of North America. Just like many growing regions around the world, a concentration of crops creates competition, innovation and synergies that leads to a world-class farming sector.

For over 60 years, family farms have been growing tomatoes, peppers and cucumbers and have brought greenhouse growing technology to new heights.

Looking towards the future, the Ontario greenhouse produce sector is embracing new innovations in A.I. (artificial intelligence), lighting, and automation. Coupled with the protective environment of a greenhouse, this gives farms the ability to grow food 365 days a year and gives Canadians reliable fresh, nutritious local produce all year long.

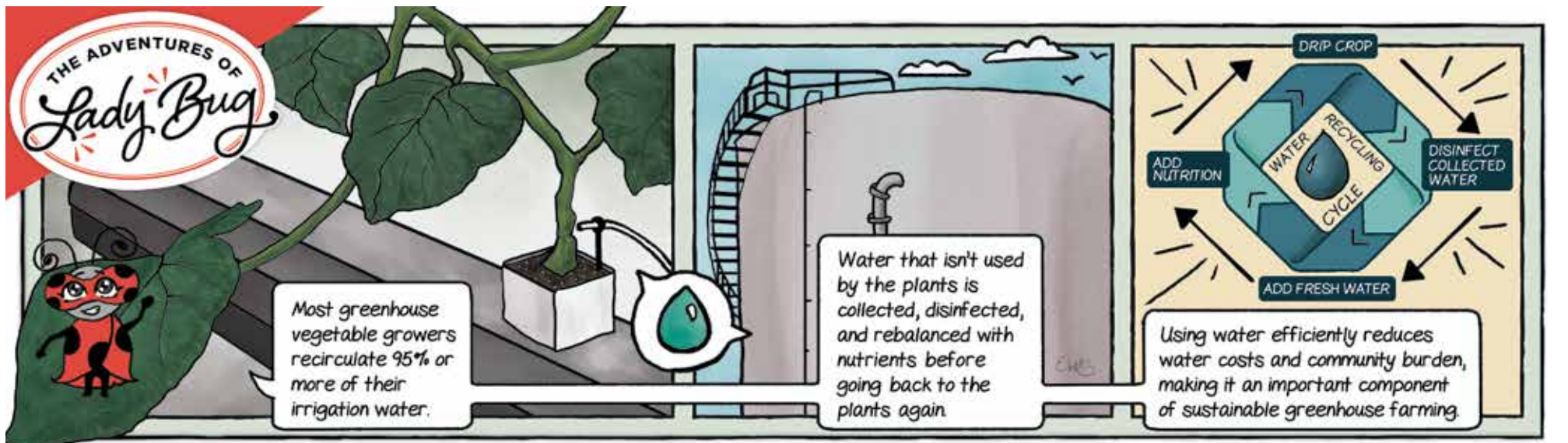
With these new technologies and longer growing seasons come new career opportunities, adding to more than 18,000 individuals currently employed by Ontario's greenhouse vegetable sector.

These new careers will showcase a broad scope of talent with increasing demands for more S.T.E.M (Science, Technology, Engineering and Math) based positions focusing on biosecurity, engineering, food safety, and robotics.

As technologies improve, greenhouses will become even more efficient and productive by improving on their energy and water usage. The majority of greenhouses already utilize water recycling systems, and many farms have incorporated cleaner energy sources such as solar and wind.

However, there is more to do. Our growers take pride in what they do and together we look forward to contributing to our province's plan to build a post-pandemic world and economy that we will all benefit from and be proud of.

Visit greenhousegoodness.com to read more about what Ontario Greenhouse Vegetable Growers are doing to address what Canadian consumers want in their food – vegetables that are grown with the future in mind.



Commodity Spotlight

CUCUMBERS



Long English

Perfect choice when looking for a snack, appetizer or salad ingredient or even for added flavour in a variety of beverages. This refreshing, fat-free and low calorie option adds a fun crunch to any meal. Everything on this delicious vegetable is edible, from the delicately flavoured skin to the crisp inside. Just wash, slice and enjoy.



Cocktail Cucumbers

Loved by children and adults alike for their handy snacking size and crunchy refreshing taste. Pack them in lunches for a healthy treat.



Mini Cucumbers

A perfect snack when you're on the move or use them as a quick addition to an appetizer or salad. Enjoy this crisp and delicious treat anytime and anywhere!

STORAGE

- Store seedless cucumbers in the vegetable crisper to help maintain their optimum temperature.
- Leave the wrap on seedless cucumbers until it's time to eat them. It helps to seal in moisture.
- Wash produce right before eating.
- All produce should always be washed, but it is important to not to wash produce too early. As moisture sits on the produce it can cause decay.

SELECTION

- Look for seedless cucumbers with a bright, even colour of skin without dullness or sweating. Avoid seedless cucumbers with blemishes, soft spots, yellowing or that are easily bent.

NUTRITION

- Seedless Cucumbers are made up of 90% water and are an excellent source of vitamin C, dietary fibre, magnesium, potassium, and silica.
- Most nutrients are stored in the peel of the Seedless cucumber, which is completely edible, so be sure not to peel them.
- Seedless cucumbers are known for their benefits to the skin, for detoxifying the body and even as for weight loss.
- Greenhouse cucumbers are not pollinated, which makes them seedless – this is especially helpful for preventing gas typically caused by eating cucumber seeds.



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