



There are several different styles of greenhouses both in Ontario and around the globe. They range from low to high-tech, but regardless of style, the aim is to create a protected growing environment where plants can thrive, allowing fresh fruits and vegetables to be grown more efficiently and with less waste.

Over the years, especially as you drive through our community, you may have noticed that the newer greenhouses are taller than before. As our growers adopt the leading innovations in greenhouse produce cultivation, the height of the greenhouse plays an important role in how productive our plants inside can be! It allows more vegetables to be grown, and more people to have access to fresh Ontario-grown veggies all year long.

The greenhouse environment, among other factors, allows our growers to control the temperature and humidity of the climate surrounding the plants, providing an optimal growing environment.

The increase in the height of greenhouses over

the years primarily is to give the plants more space to grow! The space above the plants acts as a buffer area so that temperature, humidity, and ventilation can be better controlled. The central part of the plant, 'the head', is what needs to be protected the most, as it is where the young leaves and fruit will grow from. The additional space provided by taller structures means that regardless of the temperature outside...hot or cold, the temperature around the plants can remain ideal for growth. This is known as the 'buffer effect'.

This additional space also helps to control humidity. If a plant gets too hot, it will begin to perspire, and to protect its water supply, it will stop growing, which means fewer veggies. Protected agriculture is all about keeping the plants comfortable so that they are best able to produce as much nutritious food as possible for families.

To see more about how we grow check out our Virtual Reality Tour! <https://www.ogvg.com/ogvg-vr-360>



Take a Tour!

We Represent FRESH PEPPERS



Bell Peppers

The common mature sweet pepper is named for its bell-like shape. Inside its thick flesh is an inner cavity with edible, bitter seeds and a white, spongy core. Bell peppers have a tangy, sweet flavour due to increased sugar content.



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.

STORAGE

- Store peppers in the vegetable crisper.
- Peppers need to be kept in a cooler environment.
- In the home, the best place is the refrigerator.
- Wash produce right before eating.
- All produce should always be washed, but it is important to not wash produce too early. As moisture sits on the produce it can cause decay.

SELECTION

- Look for peppers that are vibrant in colour.
- The skins should be firm and unblemished.
- Avoid peppers with any dark spots.
- The peppers you choose should also have a nice, weighty feel for their size.

NUTRITION

- Peppers are an excellent source of Vitamin C with over 250% more Vitamin C than citrus fruits by weight.
- In addition to Vitamin C, peppers are a good source of Vitamin A, Vitamin B6, Dietary Fibre, Folate, Magnesium and Potassium.



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