



Community gardens/farmer's markets:

There are many community gardens and farmer's markets throughout Durham Region for families to explore! These community spaces can help families connect with food, learn new skills, and discover fresh fruits and vegetables.

They also help to:

- Make it easier to access fresh, locally grown produce
- Contribute to a sense of community
- Introduce families to new vegetables and fruits
- Help children learn where food comes from
- Support the local food system and local farmers
- Encourage outdoor activity and make neighbourhoods more walkable and vibrant

To discover community gardens across Durham Region and see what your neighbourhood has to offer, [find a community garden near you!](#)

Interested in nearby farms and markets for fresh, locally grown produce?

Check out the [Durham Farm Fresh website!](#)



durham.ca/shoppingandcooking



If you require this information in an accessible format, contact 1-800-841-2729.