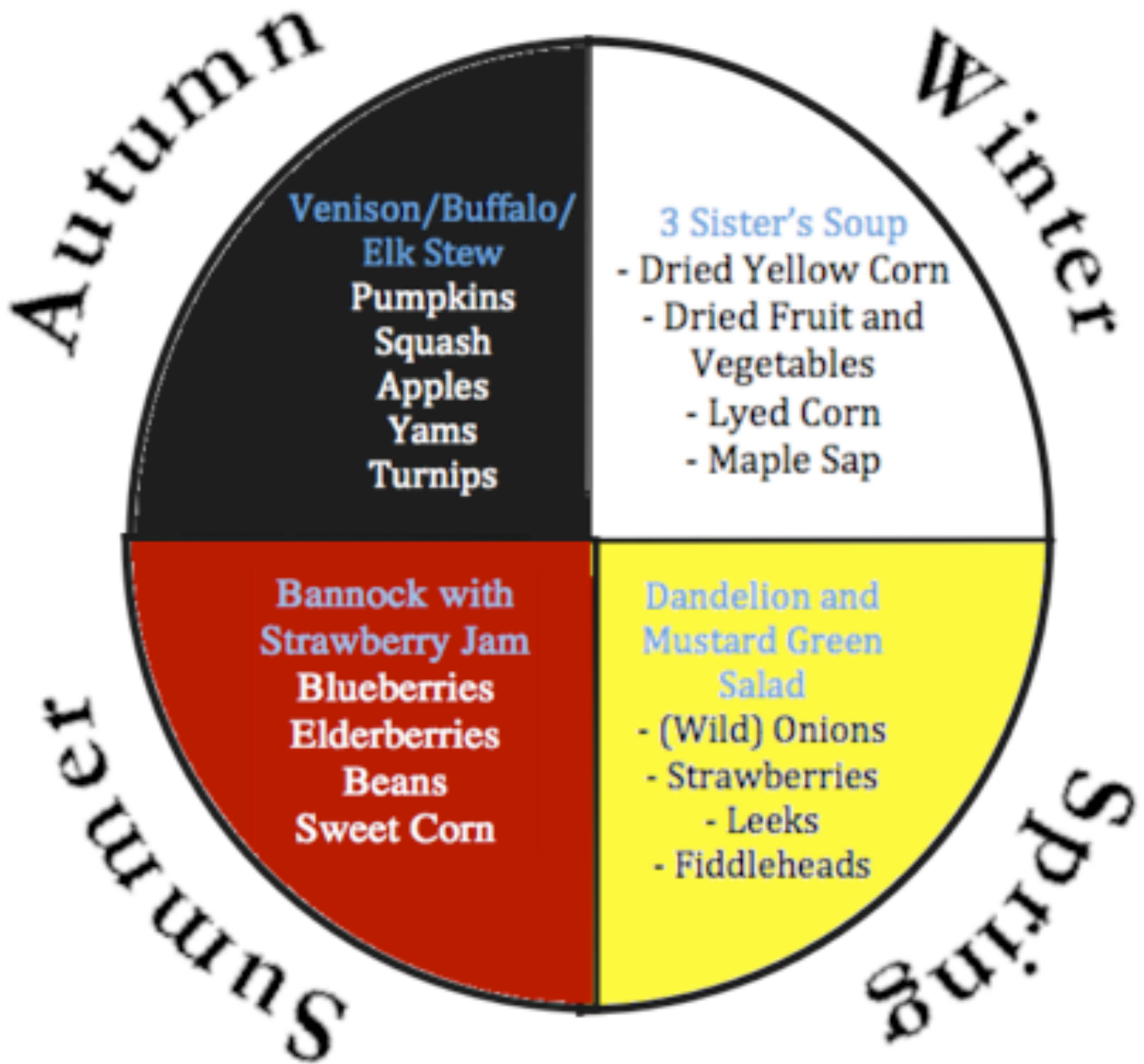


Back to Roots:  
Traditional Cycle of Foods and  
Accompanying Recipes

Created for the NACHC by Lindsay Keuning Rutherford and Thalia Ottaviano

# Overview



## Places to Find Traditional Foods

### 1. Napanee

Place	Traditional Food You Can Find There
<p>Wendy's Mobile Market – making deliveries to Napanee on Tuesdays  <a href="http://www.wendysmobilemarket.com/">http://www.wendysmobilemarket.com/</a></p> <p>Wendy's Country Market Stand            408 Fortune Line Road            RR#2 Lyndhurst, ON  <a href="http://www.wendyscountrymarket.com/">http://www.wendyscountrymarket.com/</a></p>	<p>Venison, duck, buffalo, rabbit, turkey            Dried and fresh cranberries            Apples            Carrots            Onions and garlic            Leeks            Fresh herbs (sage, thyme etc)            Mushrooms            Potatoes            Squash (all kinds)            Jams (strawberry, raspberry)</p>
<p>No Frills            450 Centre Street North            K7R 1P8</p> <p>Munroe's General Store            RR 1 (McIntyre Road – between Brandon and Townline Road)            K7R 3K6</p>	<p>Squash            Onions            Carrots            Beans            Leeks            Dandelion (seasonal)            Mustard greens (seasonal)            Apples            Mushrooms            Potatoes            Dried cranberries            Corn flour (for cornbread)            Herbs (sage, thyme)            Dried Fruits</p>
<p>The Good Food Box</p> <p>The Salvation Army            135 Mill Street East            K7R 4B1</p> <p>Napanee Community Health Centre            6 Dundas Street East            K7R 1H6</p> <p>Westdale Park Free Methodist Church            7 Richmond Park Drive            K7R 2Z3</p> <p>Roblin Wesleyan Church            3100 County Road 41            Roblin, Ontario            K0K 2W0</p>	<p><i>Good Food Box:</i>            Offers fresh vegetables and fruits at wholesale prices.  <i>Healthy Lunch Box:</i> offers nutritious breakfast and lunch snacks at wholesale prices</p>

2. Tyendinaga

<b>Place</b>	<b>Traditional Food You Can Find There</b>
Nation Natural Foods 123 Highway 49 K0K 1X0 613-396-9922	Wild Rice Elk Buffalo Venison Pickerel Lye Corn Cornflower Sage and Cedar Smudging kits Dried meats – elk, buffalo
Turtle Island Deli and Produce 5965 Highway #2 east K0K 3A0 613-966-2553	White corn lyed with hardwood ashes Yellow dried corn Pickerel Venison Buffalo Premade frozen bases for corn soup Fry breads 3 sisters soup on order

\* For more information contact your health care provider at NACHC