

The Rainy River District

Serene, clean and wonderfully green.



Fort Frances hosts one of Canada's premier Small mouth Bass fishing tournaments in late July.
www.fort-frances.com



Get back to nature! Take a scenic walk through a living bog via elevated walkway! Located just west of Fort Frances in the Township of Alberton.
www.alberton.ca



Just west, the community of Barwick, situated in the Township of Chapple, is home to a picturesque Lighthouse, on the shores of Rainy River.
www.chapple.on.ca



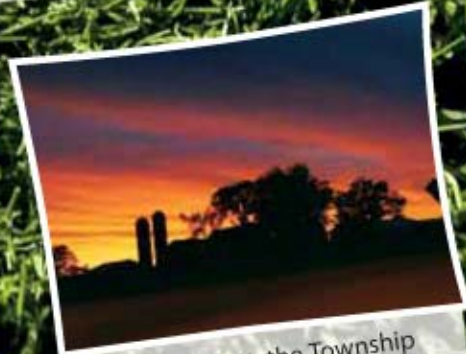
Located on the beautiful Rainy River, the Town of Emo plays host to the annual Rainy River District Agricultural Society Fall Fair in mid August.
www.twspemo.on.ca



The community of Lake of the Woods, located 35 miles northeast of Rainy River, is home to magnificent summer sunsets and awesome fishing!
www.morson.org



The Town of Rainy River is steeped in the traditions of the Canadian National Railway, and plays host to the Railroad 4008 Heritage Museum providing a fascinating look into the era of steam driven trains.
www.rainyriver.ca



Further west, the Township of La Vallee boasts a diverse agricultural base.
www.lavallee.ca



IT MAKES GOOD TO BUY PRODUCTS GROWN IN THE RAINY RIVER DISTRICT

FOOD GROWN IN THE DISTRICT TASTES BETTER.

Food marketed close to home is picked at its peak and usually sold within 24 hours. Food imported must travel on trucks or planes and then is stored in warehouses.



GROWN IN THE DISTRICT IS BETTER FOR YOU.

Most fresh produce loses some of its nutrients over time, so the shorter the time span from the farm to your table the better it is for you.



DISTRICT GROWN PRODUCT IS SAFER.

With all the issues surrounding food safety, you have an assurance when you buy from District farmers at Farmer's Markets. You can speak to the person growing your food.



BUYING FOOD GROWN IN THE DISTRICT SUPPORTS LOCAL FAMILIES AND OUR ECONOMY.

Not only does it help farm families to continue to be able to afford to farm their land, it helps the District economy. The consumer dollars stay in our communities.



BUYING IN THE DISTRICT BUILDS COMMUNITY.

Buying direct from a farmer engages you in a time-honoured connection between eater and grower, so that you know where your food is coming from AND you are supporting District businesses.



BUYING WITHIN THE DISTRICT BENEFITS THE ENVIRONMENT AND OUR WILDLIFE.

Farmers are leaders in the use of environmentally sound growing practices. Farmland is a patchwork of fields, woods, streams and ponds that provide essential habitat for wildlife. ADDITIONALLY, the long distance transportation of food increases air pollution.



IT'S AN INVESTMENT IN OUR AGRICULTURAL FUTURE.

By buying food grown in the District, you are helping to preserve the strength and character of our agriculture community for our children and grandchildren.



TASTE THE DIFFERENCE OF FOOD GROWN IN THE RAINY RIVER DISTRICT.

