



WHEN: SUMMER, FALL
**BERRIES, ORCHARDS &
SEASONAL PRODUCE**

FARMGATE: U-PICK FARMS

Farms where consumers come and pick, harvest or choose their own food. This is an experiential & social activity at a farm.

STRENGTHS OF U-PICKS

- Open to families and people of all ages (sometimes even pets!)
- Large social activity and agri-tourism experience
- Choose the amount of harvest you want
- Less labour-intensive for producer to harvest

LIMITATIONS OF U-PICKS

- Location of farm stand may not be easily accessible
- Limited seasonality
- Activity may not be accessible for all ability levels (although most u-pick farms also have farm stores on-site)
- Potential lack of knowledge about what is ripe enough to pick

LOCAL EXAMPLE(S):
**BAYFIELD BERRY FARM,
& BLAKE'S APPLE
ORCHARD**

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G.R.E.A.T. LOCAL FOOD

www.gatewayruralhealth.ca

