



*in*Season

Holiday Edition 2024



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What's inside Farm Boy?

It's a fresh-market experience, every time you visit.

With an abundance of fresh, long-lasting produce, a visit to our stores is like stopping at a roadside farm stand.

You'll love our selection of high-quality meats, seafood, cheeses, dairy, fresh baked goods, and hundreds of expertly curated Farm Boy products—almost too many to count!

Enjoy restaurant-style dining in every store! At our Chef's Market, we make the tastiest food daily with the best ingredients and care. Choose handmade, wholesome, fresh, and convenient foods for breakfast, lunch, and dinner. Whether you dine in at our café seating area or take your meals to-go, great eating starts with us.

Pause. Savour. Grab free Wi-Fi.

Round this all up with fantastic flyer specials, easy parking, a welcoming smile at the cash, and your bags packed up for you.

We're your delicious destination for freshness, quality, excellent value, and convenience!



Come on in!



HAPPY HOLIDAYS

Dear Farm Boy Fan,

It is with great joy that I welcome you to the Holiday Edition of *inSeason Digital Magazine*—your premier source for all things delicious.

Whether you're a longtime customer or are just discovering our fresh-market experience, we're glad you found us!

Just as the seasons change and new foods arrive, our digital magazine transitions each quarter to give you informative articles focused on all the happenings at our stores.

inSeason is a bridge for you to learn about who we are, where we source from, and what you can expect when you shop with us.

As you turn each page, we'll share some helpful food hacks, recipes, grocery tips, and more to help you *Unwrap Fresh Flavours* with us this holiday season.

At Farm Boy, it's truly a pleasure to serve our customers by offering the highest-quality products available, unparalleled customer service, and convenient options at excellent value.

At the end of the day, we put great food and experience first.

To our customers, thank you for your continued support and interest. On behalf of all of us at Farm Boy, we hope you have a wonderful winter season filled with warm gatherings, jubilation, and great food!



Shawn Linton

Shawn Linton,
President and General Manager



Stay up to date with us!



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Give some favourites a try!

Each weekend from 10 AM to 5 PM, we'll be offering samples of our standout private label products of the week.



Come on in, get warm, and discover a wonderful fresh-market shopping experience.

Indulge in the spirit of the season with a variety of delicious foods and drinks, including the freshest produce, curated Private Label products, butcher-quality proteins, made-from-scratch meals, artisanal cheeses & deli meats, and festive holiday treats. Whether you're celebrating time-honoured traditions or creating new ones, we have everything you need to enjoy the season's best!

Visit us today and experience the holidays the Farm Boy way!

Our Humble Beginnings

The Farm Boy story was born out of, and continues to be written by one important factor: quality.

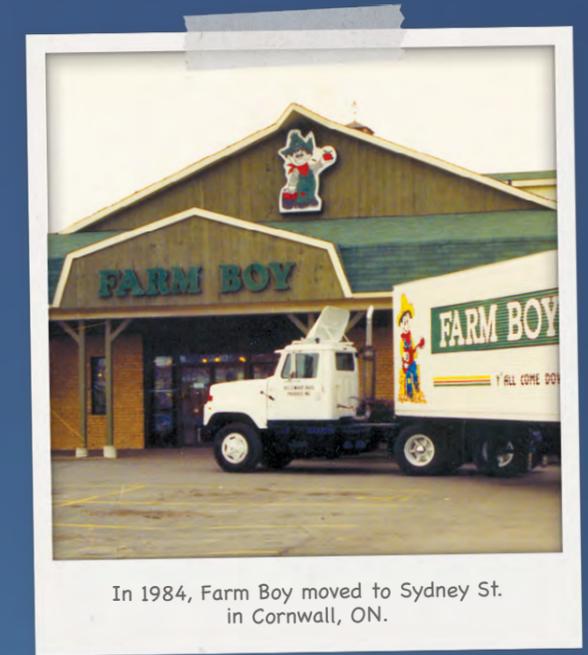
Quality can mean many things, but to us, it is an absolute quintessential part of who we are.

Everyone at Farm Boy is extremely dedicated to the values that our founders, Jean-Louis and Collette Bellemare, set for us when they opened the first Farm Boy Fruit Market in 1981. What began as a fresh produce market in Cornwall, Ontario, has evolved into 51 Ontario locations where customers can expect the freshest produce, Canadian meats and sustainable seafood, quality dairy, just-like-homemade baked goods, curated Private Label products, chef-prepared foods, and most importantly, excellent value for their money.

Providing excellent value is the pillar we uphold to the highest degree.

Looking into the future, we promise our loyal customers that we will never compromise. We will stay true to our roots, no matter how much we grow. The highest quality is reflected in the foods we provide, the people who join our team, the suppliers and farmers we work with, and the amazing customers who shop with us.

Providing excellent value is the pillar we uphold to the highest degree. There is value in what you receive for your money and in knowing that we



In 1984, Farm Boy moved to Sydney St. in Cornwall, ON.

will always strive to deliver exceptional products for you to enjoy—food that is fresh, long-lasting, local, seasonal, and wholesome.

Caring for our communities, establishing deeply rooted connections, and engaging in efforts that promote sustainability and food security is incredibly important to us. We seek to uplift local communities by supporting the amazing people, organizations, and companies that surround us through social initiatives and outreach.

When you shop at your local neighbourhood Farm Boy, "It's All About The Food™."

Just as important, it's all about YOU.

The Holidays by Us!

Delicious seasonal favourites from Farm Boy.



Winter is a time that is full of warm gatherings, holiday traditions, seasonal fun, and of course, delicious food!

At Farm Boy, we cater to every type of holiday host, so that your special moments are memorable and stress-free.

Whether you love crafting every dish from scratch, prefer a convenient premade feast, or need a little help with sides and desserts, Farm Boy has you covered.



A Home Chef's Dream

For those who enjoy making the entire day's feast, Farm Boy is the place to get the freshest produce, gourmet seasonings and condiments, high-quality proteins, and more!

Prepare an assortment of appetizers and finger foods with our selection of olives, antipasto, fresh dips, crackers, breads, and traditionally crafted deli meats.

From fresh, never-frozen Farm Boy™ Whole Turkey to our fan-favourite Farm Boy™ Smoked Ham, these locally sourced proteins are the perfect centerpiece for your meals.

Don't forget about wholesome veggies like broccoli, carrots, green beans, potatoes, lettuce, tomatoes, and more, delivered to our stores daily.



Making dessert?

We can help with that too!

Whether you need flaky pastry crust, light puff pastry, or pantry staples, we've got just what you need to make a sweet treat to remember.



HOLIDAY *in*Season



We've got your sides and your back!

Farm Boy™ Chive Mashed Potatoes

Buttery, creamy, and made old-fashioned way with Canadian potatoes!



Farm Boy™ Turkey Gravy

We use real turkey stock and flavourful herbs to create this holiday table staple.



Farm Boy™ Sweet Potato Mash

Prepared with simple ingredients like Canadian dairy and maple syrup!

Farm Boy™ Apple Cranberry Sausage Stuffing

Our twist on classic stuffing is loaded with apples, dried cranberries, Farm Boy™ Sweet Italian Sausage, and traditional seasonings.



Farm Boy™ Cranberry Sauce with Ginger

Free of artificial colours or flavours, this tangy, sweet condiment has just six ingredients including festive spices like cinnamon and ginger.



Farm Boy™ Roasted Baby Carrots

Prepared by us with simple ingredients like carrots, olive oil, and parsley.



Christmas Family Dinner Box

TURKEY OR HAM - You Choose!

SOLD OUT



LAST DAY TO ORDER: December 16 | PICK UP DATES: December 22, 23, 24

ORDER IN-STORE OR ONLINE AT FARMBOY.CA ~ WHILE QUANTITIES LAST!

Soup-erior Taste

Warm comforts prepared fresh by us!

Farm Boy™ Chicken Noodle Soup

Made by our chefs in small batches, our just-like-homemade Chicken Noodle Soup is sure to hit the spot! Using wholesome ingredients like chicken, carrots, parsnips, and ginger, it's a convenient and classic choice whenever you need a lift from the chilly weather.



Lulu's Tip:

Pair with: Farm Boy™ Sea Salt Rosemary Breadsticks



Lulu's Tip:

Pair with: Farm Boy™ Organic Brown Rice & Quinoa Side Dish



Farm Boy™ Mushroom Kale Soup

Rich, earthy, and full of tasty umami, this soup is a cozy winter delight that you'll crave. Using flavourful seasonal favourites like mushrooms, coconut milk, potatoes, and kale, it's got "good for the body and soul" written all over it!



Lulu's Tip:

Pair with: Farm Boy™ Heat Wave Pepper Sauce



Farm Boy™ Thai Sweet Potato Soup

Expertly prepared by our chefs, this Thai Sweet Potato soup is bursting with the vibrant flavours of South Asia. Featuring aromatic ingredients like garlic, ginger, coconut milk, and red curry paste, it offers a delightful balance of sweet and spicy. Perfect as an appetizer or a main course, simply heat and enjoy!



Fresh begins in our own backyards.

We work with hundreds of amazing local vendors all across Ontario.

We'd like to introduce you to a few of them *inSeason*.



Know a local product we should try? [Connect with us!](#)



Look for this icon in-stores and online to find a huge variety of products from right here in Ontario!



1 Rochef Chocolatier, Ottawa-Gatineau

With a range of handcrafted chocolate confections, this chocolatier is renowned for its superior quality and expertise! Enjoy their Maple Sugar Dark Chocolate, Salted Caramel Dark Chocolate, and Sea Salt Dark Chocolate at our stores.



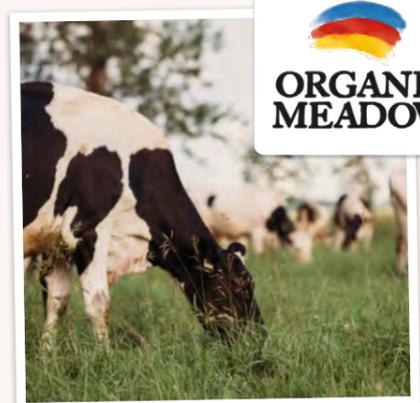
2 Everfresh, Markham

Established in 1998, this Canadian-owned farm is committed to growing the freshest, high-quality produce for their customers to enjoy. By growing locally and partnering with farms abroad during the off-season, they offer a variety of East Asian cruciferous crops throughout the year.



3 Organic Meadow, Guelph

This Canadian organic dairy pioneer produces fresh, minimally processed dairy products. They craft local high-quality dairy with the help of dedicated farmers and healthy animals that graze on organic pastures.



4 Del Fresco Pure, Leamington

Since 1956, this family-owned business has been cultivating some of the freshest greenhouse-grown produce in Ontario.

With a commitment to quality, passion, and fresh taste, they believe that nutrition and flavour go hand-in-hand. By combining traditional techniques with modern innovations like hydroponics, they remain dedicated to providing customers with the best crops and service.





YOU KNOW FRESHNESS.

Knowledgeable workers and passionate team leaders ensure our vegetables thrive in a healthy environment. We harvest and pack them with strict time and temperature controls to maintain peak freshness.

Respect nature

We take pride in caring for the earth, knowing that safeguarding the land ensures a sustainable future.

Leave it to us

Our dedicated team enables us to deliver high-quality vegetables each and every day.

Locally Grown

Freshness You Can Taste

High-Quality Produce

You'll find their fresh, local products at all our stores.



INDULGENCE DINNER FOR 2

New Year's Eve

Seafood Bake
House Made Bread

Red Wine Poached Pear Salad
Goat Cheese
Cranberry Orange Vinaigrette

Dijon Roasted Beef Tenderloin
Bacon Onion Ragout
Green Bean Almondine
Truffle Crushed Potatoes

Salted Dark Chocolate Tarte
Very Berry Coulis
White Chocolate Raspberry Mousse

25 MINUTES REHEATING

★★★★★
RESTAURANT
QUALITY DINING

An incredibly priced
4-course meal!

**ORDERS
CLOSE:**
Friday,
December 27



**PICK-UP
DATE:**
Tuesday,
December 31

ORDER IN-STORE OR ONLINE ~ WHILE QUANTITIES LAST! | FARMBOY.CA

Spicy Garlic Shrimp



PREP:
10 mins



COOK TIME:
8 mins



SERVES:
2



DIFFICULTY:
Easy

[View Recipe Online](#)

Ingredients

1 bag Farm Boy™ Frozen Raw Peeled Deveined Shrimp (340 g, 31–40 per lb), thawed and peeled

¼ cup extra virgin olive oil

4 garlic cloves peeled and sliced very thin

½ tsp Farm Boy™ Organic Chili Peppers or to taste salt and pepper to taste

1–2 tsp Farm Boy™ Sherry Vinegar

2 Tbsp parsley chopped
crusty bread for serving

Directions

1. Pat Farm Boy™ Raw Shrimp dry with paper towels and season with salt and pepper.
2. In medium skillet, place extra virgin olive oil, garlic, and Farm Boy™ Organic Chili Peppers. Turn temperature to medium and cook until garlic starts to turn golden brown, about 5 minutes.
3. Add Farm Boy™ Raw Shrimp and cook for 2 minutes. Turn and cook for another minute.
4. Stir in Farm Boy™ Sherry Vinegar and parsley and remove from heat. Shrimp will continue to cook as they sit.
5. Serve immediately with crusty bread.



Skillet Roast Chicken with Garlic & Lemon



PREP:
20 mins



COOK TIME:
95 mins



SERVES:
4-6



DIFFICULTY:
Easy

[View Recipe Online](#)

Ingredients

- 1 Farm Boy™ Organic Whole Chicken patted dry
- 6 Tbsp extra virgin olive oil divided
- 2 lemons halved
- 1 garlic halved crosswise
- 250 g new potatoes halved
- Farm Boy™ Fleur de Sel to taste
- black pepper to taste
- 2 sprigs rosemary

Directions

1. Preheat oven to 425°F.
2. Season Farm Boy™ Organic Whole Chicken liberally with salt and pepper and rub with 2 Tbsp extra virgin olive oil.
3. Place chicken on large cast iron pan or Dutch oven.
4. In bowl, toss lemons, garlic, potatoes, and rosemary with remaining ¼ cup olive oil.
5. Season with salt and pepper and arrange around chicken.
6. Place in oven and roast for 55-65 minutes, until golden brown and internal temperature reaches 180°F.
7. Let chicken rest for 10 minutes before serving.



FARM BOY
FLEUR DE SEL
PREMIUM SEA SALT



TASTE THE DIFFERENCE LOCAL EXPERIENCE MAKES!



ORGANIC MEADOW – CANADA’S ORIGINAL ORGANIC DAIRY BRAND

Since 1989, Organic Meadow has been trusted by Canadian families to provide high-quality organic dairy foods that taste true to nature. We craft our full line of organic dairy products without compromise using the same care, integrity, and perseverance as our farmer founders. All products are minimally processed, made using traditional methods, and include only purposeful ingredients, ensuring the highest quality dairy products.



ROLLING MEADOW – CANADA’S ORIGINAL GRASS FED DAIRY BRAND

At Rolling Meadow Dairy, Grass Fed Matters.™ That’s why we’re proud to offer Canada’s leading portfolio of grass-fed dairy products, including milk, yogurt, Greek yogurt, kefir, sour cream & butter, all proudly made with 100% Canadian Milk.



www.organicmeadow.com
www.rollingmeadowdairy.com

CHEESE & DELI *inSeason*

Cheese of the Month

Authentically Crafted Local & Imported Delights.

December Kaltbach Creamy

Crafted with a time-tested recipe and aged in the Kaltbach caves of Switzerland, this semi-soft cheese is made from pasteurized cow’s milk and the finest Swiss cream.

It has a rich, nutty flavour with a creamy, melt-in-your-mouth texture reminiscent of mature Gruyère cheese.

PAIR WITH:
Fresh berries and tropical fruits, Farm Boy™ Cashew & Cranberry Artisan Crackers, Farm Boy™ Tangerine & Red Chili Jelly, Bright, bitter, fruity, and tart beverages, Excellent in grilled cheese, casseroles, and pasta.



January Etorki

ORIGIN:
Mauléon-Licharre, Pyrénées-Atlantiques, France

MADE FROM:
Pasteurized sheep’s milk.

FLAVOUR & TEXTURE:
Supple texture, earthy aroma, and sweet caramel notes.

PAIR WITH:
Apples, Farm Boy™ Steak Spice Smoked Atlantic Salmon Bites, Farm Boy™ Prosciutto, pears, chardonnay, and sparkling wines.



February Asiago

ORIGIN:
Asiago, Italy

MADE FROM:
Pasteurized cow’s milk.

FLAVOUR & TEXTURE:
Firm and slightly grainy, buttery, nutty, and sharp.

PAIR WITH:
Grapes, nuts, crackers, Farm Boy™ Mixed Antipasto In Oil, Farm Boy™ Coppa, pasta, and full-bodied wines.



Deli Inspirations

Elevate your kitchen creations.



Farm Boy™ Mild Rolled Pancetta

[View Recipe Online](#)

Made from pork belly, this authentically crafted deli meat is imported from Italy and has a rich, buttery taste.

Cured and aged with sea salt, herbs, and spices, it adds a savoury element to our Roasted Maple-Glazed Brussels Sprouts recipe, balancing the slightly bitter, earthy Brussels sprouts and sweet maple syrup flavours.



Lulu's Tip:

Ask one of our Team Members at the Deli counter to slice pancetta 1/8" thick to give you the perfect dice for this recipe.

Bonus! Holiday Hack:

Grab our ready-to-heat Farm Boy™ Brussels Sprouts from our Chef's Market and add your own bacon or deli selection twist!



Guanciale

Known for its sweet-savoury profile, guanciale has a more robust flavour compared to its cousins—bacon and pancetta.

Made from pork jowl, its tender, well-balanced taste is perfect in classic pasta dishes like carbonara or amatriciana, in hearty soups, and more.



Serrano Ham

Sliced for your convenience, our Serrano ham is a star on charcuterie platters, delicious appetizers, and sandwiches!

Traditionally made and cured in Spain for a minimum of 16 months, enjoy it as an easy skewered appetizer with cheese and olives.



rochef
CHOCOLATIER

Hand-made with passion!

With a range of handcrafted chocolate confections, this chocolatier is renowned for its superior quality and expertise! Enjoy their Maple Sugar Dark Chocolate, Salted Caramel Dark Chocolate, and Sea Salt Dark Chocolate at select Farm Boy locations.



You bet we're fresh!®

Where nutrition and flavour go hand-in-hand



THE ORIGINAL CHERRY TOMATOES ON THE VINE™

Little Bites of Luxury™

Ripened and packed at peak flavour, these vibrant tomatoes feature a delicious aroma. A versatile ingredient, enjoy them as a fresh snack with dip, in salads and salsas, or grilled or roasted for a bright, juicy side dish.



Mini Crunchers Cucumbers®

Snack-sized, BIG crunch

These candy bar-sized, crunchy cucumbers are perfect for on-the-go snacking, salads, dips, and even beverages! With their rich texture and big crunch, they're also ideal for homemade pickles.



WHO WE ARE

FAMILY-OWNED, GREENHOUSE PIONEER





A Taste of Tradition

Discover a variety of authentically crafted baked goods made with the finest ingredients and expert knowledge.



One of our Farm Boy bakers making a fresh loaf of Twisted Egg Bread.

Take our Twisted Egg Bread, for example. It's handmade using a Rideau Bakery family recipe and old-world techniques to deliver exceptional quality and flavour.

Available at all Farm Boy locations, you'll love our selection of European-style breads and staple products like:

- Challah (Egg Bread)
- Light Rye
- Cinnamon Raisin Bread
- Dark Rye
- Caraway Rye
- Pumpkinnickel

All breads are made using Rideau Bakery's time-tested recipes!



Just Like Homemade

A winter wonderland of Bake Shop favourites.

Winter brings a delicious variety of holiday goodies—especially the baked kind! At our Bake Shop, we offer a wide selection of breads, cakes, pastries, pies, and more, all crafted with traditional recipes and high-quality ingredients.

These scrumptious treats are inspired by the flavours of the season and are sure to become new favourites.

Available for a limited time, get them while you can!



Mincemeat Tarts

A holiday classic made with the same pastry as our Farm Boy™ Butter Tarts.

The filling is crafted with spices and preserved fruits such as apples, currants, orange peel, lemon peel, and raisins.

Gingerbread Loaf

Another season, another delicious loaf cake!

Made from scratch in our bakery, this moist cake has aromatic, warm spices and a distinctive molasses flavour—just like the classic holiday cookie!



Candy Cane Fudge

Our fudge is made the traditional way in copper pots and on a smooth marble table.

We use real Canadian butter for a melt-in-your-mouth texture. Great as an ice cream topping or bite-sized sweet treat!



Gingerbread Swiss Rolls

Try our festive version of a classic treat!

Soft gingerbread sponge cake is rolled with luscious vanilla frosting to create its signature swirl pattern.



Egnog Cruffies

Perfect for any occasion, these seasonal customer faves are guaranteed to satisfy.

Baked fresh daily, buttery pastry is filled with eggnog-flavoured custard and dusted with sugar to finish.



Holiday Shape Cookies

Fill your cookie jars with some of our signature holiday cookies.

From Santa-shaped to Gingerbread Persons, let these treats go for a dip in a tall glass of milk or hot chocolate.



Snack HEROES

Let the kids join the fun!

The holidays are the perfect time to craft delicious moments and memories that can be cherished for a lifetime. It's also a time when old traditions come alive, and new ones are created!

Try some of our tasty, fun, and interactive recipes that'll get the kids involved in the kitchen as you prepare for the day's festivities.



Holiday Art Pizza

PREP: 20 mins **COOK TIME:** 15 mins **SERVES:** 6

Let Farm Boy™ Frozen Focaccia Dough or Pizza Dough become your canvas for delicious holiday artwork.

This fun hands-on activity is an easy introduction into food handling and preparation—just prepare your ingredients, lay out your dough, top, and bake!

Ingredient Inspo:

Toppings:

Fresh, colourful veggies and herbs like asparagus, basil, kale, onions, peppers, rosemary, spinach, tomatoes, and more.

Sauces:

- [Farm Boy™ Basil Pesto.](#)
- [Farm Boy™ Fresh Alfredo Pasta Sauce.](#)
- [Farm Boy™ Fresh Rose Pasta Sauce.](#)
- [Farm Boy™ Spicy Butter Chicken Cooking Sauce.](#)
- [Farm Boy™ Tomato Basil Pasta Sauce.](#)



Lulu's Tip:

Don't forget to stop by our Cheese & Deli department for a variety of artisanal cheeses, deli selections, antipasto, olives, and our pre-prepared pizza kits!

What's New?

Discover your next fave here.

Farm Boy™ Soft Candy



Enjoy the yummy taste of nostalgia with our sweet and sour gummy-style candies. With bright colours and fun shapes, you'll feel like a kid again with every bite!

Available in Apple Kisses, Blue Raspberry Kisses, Concord Grape Kisses, Ice Cream Cones, Orange Sour Kisses, Rainbow Bites, and Spinning Tops.



Farm Boy™ Plant-Based Butters



Creamy and rich, our plant-based butters are made from simple ingredients like carrots and potatoes.

Available in salted and unsalted varieties, it bakes, cooks, melts, and spreads like regular butter.



Farm Boy™ Peanut Squares



Enjoy the sweet, crunchy taste and texture of our classic peanut candy!

Made with a traditional recipe and Virginia-grade peanuts, they're a satisfying snack on their own or when crumbled over desserts like ice cream.



Farm Boy™ San Marzano Peeled Canned Tomatoes

Known for their robust flavour, slight sweetness, and low acidity, these delicious tomatoes are recognized as the gold standard for taste and quality by chefs and home cooks alike.

Use them as a base for sauces, soups, and other dishes! Grown in Naples, Italy, they are D.O.P. certified by the region of Agro Sarnese-Nocerino.



Did you know?

D.O.P. certification guarantees that products are traditionally crafted from their well-known place of origin.

Farm Boy™ Overnight Oats



Need a convenient breakfast or snack? These wholesome oat-based mixes will do the trick!

Easy to prepare, just add liquid, refrigerate overnight, and enjoy the next day.

Available in Almond Raisin, Fig & Pistachio, and Pecan Date.



Farm Boy™ Plant-Based Cream Cheese Style Spreads

These dairy-free, plant-based spreads are made with simple, organic ingredients like cashews, fresh herbs, garlic, and lemon juice.

Deliciously creamy, rich, and tangy, they're perfect for bagels, toast, pasta recipes, and more.

Available in Original, Garlic & Chive, and Lemon Jalapeño.

Spiced Gingerbread Cookies



PREP:
30 mins



BAKE TIME:
10 mins



REST TIME:
120 mins



SERVES:
30



DIFFICULTY:
Easy

Cookie Ingredients

- 2 cups Farm Boy™ All Purpose Flour
- 1 tsp Farm Boy™ Organic Ground Cinnamon
- 2 tsp Farm Boy™ Ground Ginger
- ¼ tsp Farm Boy™ Whole Nutmeg, ground
- ⅛ tsp ground cloves
- ½ tsp baking soda
- ¼ tsp salt
- 6 Tbsp unsalted butter
- ⅓ cup packed brown sugar
- 1 Farm Boy™ Omega-3 Egg
- ⅓ cup fancy molasses
- 1 tsp vanilla extract

Icing Ingredients

- 1 cup icing sugar
- 1-2 Tbsp Farm Boy™ Organic Milk
- ½ tsp vanilla extract

Directions

1. In medium bowl sift together flour, cinnamon, ginger, nutmeg, cloves, baking soda and salt to make sure there are no clumps.
2. In mixer bowl, beat butter and sugar with the paddle attachment until light and fluffy.
3. Add egg, molasses and vanilla extract and mix until completely blended.
4. Add dry ingredients and beat until incorporated.
5. Place dough on plastic wrap, flatten onto a disc and refrigerate for 2 hours or even overnight.
6. When ready to bake, preheat oven to 350°F. Line two sheet pans with parchment paper.
7. On floured surface roll out dough to ⅛" thick. Cut into shapes and reroll scraps. If dough gets too warm, refrigerate for a few minutes and roll out again. Place cut outs 1" apart on sheet pan and bake for 9–10 minutes, until edges are lightly golden. Remove to cooling racks and cool completely.
8. To make icing, in small bowl combine icing sugar, milk and vanilla. Stir until mixture is runny, but thick. Place immediately in piping bag fitted with a small tip. Pipe icing decoratively onto cooled cookies and set aside to dry.

Discover Holiday Recipes

Unwrap
Fresh Flavours

Unwrap
Fresh Flavours

Quinoa Stuffed Acorn Squash



PREP:
10 mins



COOK TIME:
65 mins



SERVES:
6



DIFFICULTY:
Easy

[View Recipe Online](#)

Ingredients

- 3 acorn squash halved lengthwise and seeded
- 2 Tbsp extra virgin olive oil
- 1 pack [Farm Boy™ Organic Brown Rice & Quinoa](#)
- 2 ⅔ cups water
- ½ tsp salt or to taste
- 2 Tbsp butter
- ⅓ cup toasted slivered almonds
- ¾ cup [Farm Boy™ Barrel Aged Feta Cheese](#) crumbled
- ⅓ cup parsley chopped
- ½ cup pomegranate arils plus more for garnish
- salt and pepper to taste

Directions

1. Preheat oven to 375°F.
2. Rub cut sides of squash with extra virgin olive oil and season with salt and pepper.
3. Place on parchment-covered sheet pans and bake, cut-side up, for 50–60 minutes, or until very tender and golden brown.
4. Prepare [Farm Boy™ Organic Brown Rice and Quinoa](#) according to package directions.
5. Let sit for 5 minutes, then mix in the butter, almonds, [Farm Boy™ Barrel Aged Feta Cheese](#), parsley, and pomegranate arils.
6. Stuff roasted squash halves with quinoa mixture and garnish with more pomegranate arils.
7. Serve and enjoy!



Creamy Raspberry Tart



PREP:
20 mins



COOK TIME:
30 mins



SERVES:
6-8



DIFFICULTY:
Easy

[View Recipe Online](#)

Ingredients

½ cup Farm Boy™ Cream Cheese spread

¼ cup granulated sugar

1 tsp vanilla extract

1 cup whipping cream

2-3 Tbsp Farm Boy™ Raspberry Jam

1 sheet Farm Boy™ Butter Puff Pastry
thawed overnight in the fridge

1 egg whisked with **1 Tbsp** water
for egg wash

2 pints fresh raspberries

icing sugar for dusting

pinch salt

Directions

- For the filling: Place Farm Boy™ Cream Cheese, sugar, vanilla, and salt in mixer bowl and whisk at medium speed until light and fluffy, about 2-3 minutes.
- Reduce speed and add cream in a thin stream. Increase speed to high and whip until mixture holds stiff peaks, about 2-3 minutes.
- Gently fold in Farm Boy™ Raspberry Jam. Keep refrigerated until ready to use.
- For the pastry: On lightly floured counter, roll out Farm Boy™ Puff Pastry to ⅛" thickness and cut a ½" strip from each edge.
- Prick pastry with the tines of a fork and then lightly brush with egg wash.
- Place the reserved pastry strips on the edges of the rectangle, pressing gently to attach. Trim as necessary.
- Refrigerate puff pastry while you preheat oven to 400°F.
- Brush pastry one more time with egg wash and bake for 16-18 minutes, or until golden and puffed up. Remove from oven and press down centre using a spoon or offset spatula. Cool completely.
- Spoon filling onto the centre of the tart, then top with raspberries. Dust with icing sugar.



After Dinner Hazelnut Hot Chocolate



PREP:
8 mins



SERVES:
4



DIFFICULTY:
Easy

[View Recipe Online](#)

Ingredients

- ¼ cup whipping cream
- 2 cups Farm Boy™ Organic Whole Milk or milk of choice
- 6 Tbsp Farm Boy™ Chocolate Hazelnut Spread
- 2–3 Tbsp instant coffee
- 2–3 Tbsp hazelnut liqueur optional
- Cocoa Powder for dusting

Directions

1. In medium bowl, whisk whipping cream until stiff, about 5 minutes. Reserve.
2. In medium saucepan, combine Farm Boy™ Organic Whole Milk, Farm Boy™ Chocolate Hazelnut Spread, and Farm Boy™ Organic Instant Coffee.
3. Bring up to a simmer and whisk until instant coffee is completely dissolved and mixture is hot.
4. Take pan off the heat and add hazelnut liqueur, if using.
5. Pour into 4 espresso cups and top with whipped cream.
6. Finish with a dusting of cocoa powder and serve.



Baked Nutty Caramel Apples



PREP:
10 mins



COOK TIME:
30 mins



SERVES:
4



DIFFICULTY:
Easy

[View Recipe Online](#)

Ingredients

½ cup pecans, almonds, or walnuts chopped

2 Tbsp butter melted

½ tsp Farm Boy™ Ground Cinnamon

¼ cup brown sugar packed

2 apples halved and cored

⅓ cup Farm Boy™ Orange Juice

1 Tbsp Farm Boy™ Amber Maple Syrup

[Farm Boy™ Banana Bread Caramel Sauce](#) to serve

[Farm Boy™ Vanilla Ice Cream](#) to serve

Directions

1. Preheat oven to 375°F.
2. In medium bowl, combine nuts, melted butter, Farm Boy™ Ground Cinnamon, and brown sugar.
3. Divide filling amongst apples and place in small baking dish.
4. Pour Farm Boy™ Orange Juice and Farm Boy™ Amber Maple Syrup around apples. Cover with foil and bake for 30 minutes.
5. Remove foil and bake another 10 minutes, or until apples are golden brown.
6. Serve warm with a scoop of Farm Boy™ Vanilla Ice Cream and a drizzle of Farm Boy™ Banana Bread Caramel Sauce.



Sweet & Chocolatey Puff Pastry Twists

 **PREP:**
15 mins

 **COOK TIME:**
15 mins

 **SERVES:**
30

 **DIFFICULTY:**
Easy

[View Recipe Online](#)

Puff puff and away! Our pastry rises to the occasion. This simple, quick, and delicious recipe will be a great addition to your holiday table.

It comes together really fast, so you can make a few batches at a time, and even in multiple flavours.

If you'd rather have something savoury, you could use one of our Farm Boy™ Fresh Pestos for an equally impressive appetizer.



[View this recipe online](#)



Farm Boy™ Butter Puff Pastry

- Take home-baked treats to another level with our buttery, flaky puff pastry.
- It's pre-cut, rolled, and ready-to-bake for your convenience.
- Use it to craft scrumptious pies, tarts, sausage rolls, and more!



FARM BOY
ORGANIC
EGG
NOG
LAIT DE POULE
BIOLOGIQUE



PASTEURIZED | PASTEURISÉ
KEEP REFRIGERATED
GARDER AU RÉFRIGÉRATEUR

Certified Organic by/
Certifié Biologique par: Pro-Cert

Please rinse and return for deposit.
Rincer et rapporter pour
remboursement.

946 ml



The Season's Zest!

Vibrant citrus fruits to brighten up your days.

We are in the heart of vibrant citrus season, a time when oranges, lemons, grapefruits, and more arrive at our stores at their juiciest and most delicious peak.

Alongside familiar favourites, you'll also find some intriguing and tasty varieties that our buyers bring in from the markets each morning. This winter, embrace the sweet, sour, aromatic, and zesty citrus fruits by incorporating them into your dishes to add bursts of bright colour and flavour.

Remember, this seasonal bounty is available for a limited time, so be sure to enjoy it while you can!

Disclaimer: Selected products are subject to availability and may not be available at all stores. Check with one of our Team Members to see if your store carries a particular item.



Blood Oranges

Sweet, berry-like flavour with some tartness.

Notable Qualities: Ruby colour, easy peeling, floral aroma.

Best Way to Enjoy: In hand, or in baked goods, juices, and salads.

Cara Cara Oranges

Sweet, tangy, and candy-like with berry notes.

Notable Qualities: Bright orange rind and reddish-pink flesh.

Best Way to Enjoy: In hand, or in desserts, salads, and savoury dishes.



Juicy Crunch Tangerines

Super sweet and slightly tangy.

Notable Qualities: Crunchy, juicy texture with a bright orange, easy-to-peel rind.

Best Way to Enjoy: In hand, or in cakes and salads.





Sumo Mandarins

Sweet with notes of mandarin and grapefruit.

Notable Qualities: Seedless, easy to peel, and sweet regardless of size.

Best Way to Enjoy: In hand, or in drinks, salads, and vinaigrettes.

Meyer Lemons

Lemon tartness with a touch of mandarin-like sweetness.

Notable Qualities: Thin rind, floral aroma, smaller, rounder, and juicier than regular lemons.

Best Way to Enjoy: Incredibly versatile, use in place of regular lemons for an elevated taste.



Kumquat

Bright, sweet, and tart.

Notable Qualities: Bite-sized with a sweet, fully edible rind.

Best Way to Enjoy: Popular during Lunar New Year, they're great candied, pickled, or pureed in marmalades.

Lulu's Culinary Tip:



Incorporate oranges into your dinner roast recipes for a vibrant, aromatic twist that complements seasonal spices and seasonings.



Navel oranges are a well-balanced option, providing a bright sweetness and classic orangey aroma that pairs well with rich, meaty flavours.



For a tart, berry-like complexity, try using blood oranges or grapefruits, which also add a zesty touch to your dishes.

Seville Oranges

Bitter and tart.

Notable Qualities: Rich floral aroma and thick, dimpled rind.

Best Way to Enjoy: Ideal for sauces, marmalades, marinades, and zesting.

Orri Mandarins

Ultra-sweet with balanced tartness.

Notable Qualities: Aromatic, minimal seeds, and easy to peel.

Best Way to Enjoy: In hand, juiced, or in desserts and salads.



Disclaimer: Selected products are subject to availability and may not be available at all stores. Check with one of our Team Members to see if your store carries a particular item.

Food Talk with Rose



Rose Turchio
Farm Boy Community
Engagement Manager
Certified Nutritional
Practitioner & Culinary
Nutrition Expert

Help balance your immune system.

During the colder seasons, many believe that boosting our immune system is essential in combating the elements and common seasonal illnesses.

However, it's actually *more* important to ensure that your immune system is perfectly balanced.

An easy way to keep your system strong throughout the winter is by eating foods rich in antioxidants, nutrients, and vitamins.

As the weather becomes cooler, it's important to consume foods that will warm your body from the inside out.

What you eat can impact your circulation and promote good digestion—both of which support your immune system.

At Farm Boy, we have an abundant selection of longer-lasting fruits and vegetables, butcher-quality proteins, chef-prepared dishes, and curated Private Label products to help keep you feeling warm and satiated this winter!

Wholesome Warming Spices

Cinnamon, cloves, and nutmeg contain antioxidants and can aid in overall gut health.



Chestnuts

Rich in vitamin C, a half-cup of chestnuts can be up to 40% of your daily intake!



Mushrooms

Full of delicious umami, mushrooms are one of the very few foods that can be a source of vitamin D.

They contain ergosterol, which, when exposed to ultraviolet light, converts into vitamin D2.

Did you know?

Mushrooms are considered a vegetable, but they are neither plant nor animal; they belong to the fungal kingdom.

Dark Leafy Greens

Kale and spinach are high in vitamins A, B, C and K.

These vitamins are essential for many things including aiding in energy production and immune system function.

The darker the leaf, the more antioxidants it contains to support the immune system.



Farm Boy Inside Scoop

A place where deeply rooted connections can grow!

Take a look as we put a spotlight on the fantastic people who make it all possible. Whether they work in retail, distribution, production, or at our home office, they all strive to provide a fun, fresh-market experience that customers will enjoy.



Tracy Falsetto
Manager, HR Administration
Ottawa Home Office

I originally joined Farm Boy in 2008 as an HR Program Administrator but moved out of Ottawa after a couple of years. When I moved back to Ottawa, I was looking for a job and reached out to my previous manager to see if there were any openings in the HR department.

At that time, there were none, but he promised to contact me if any did open up. A couple of years passed, and I received an email from him asking if I was interested in returning to my old role. The stars aligned, and after going through the interview process, I was rehired. That was ten years ago in April, and I have since moved to my current role of Manager–HR Admin.

I am still as excited to come to work today as I was ten years ago. I work with such amazing people every day, and I feel blessed to be part of such an incredible team!

Favourite Farm Boy Product:

That's a tough one to answer as we have so many delicious products! For this time of year, my absolute favourite is our Farm Boy™ Organic Eggnog. For the rest of the year, I would have to go with our Farm Boy™ Guacamole and our Fresh Salsas.

Favourite Dish:

I would say my favourite dish is lasagna. My husband makes it from scratch with lots of layers of noodles, homemade sauce, cheese, and some southern Italian additions that make it unique and delicious. Together with salad and homemade bread, it's the perfect meal!

What inspires you?

My children. They have inspired me to be patient, flexible, and to cherish every moment.

Any future goals?

Continue to be a part of our amazing Home Office HR Team, providing the best HR support to all of our Team Members.



My absolute favourite is our Farm Boy Organic Eggnog.

- Tracy Falsetto



Farm Boy™
Organic Eggnog



Norman Fisher

Maintenance
Farm Boy Trainyards (Ottawa)

I've been a Farm Boy Team Member since 2013!

I take pride in maintaining our store, ensuring that customers have a clean, organized, and fresh place to shop each and every day.

This is all part of the fun, fresh-market experience we aim to provide from the moment customers walk through our doors.



Farm Boy™
Banana Chocolate
Loaf Cake

Favourite Farm Boy Product:

Farm Boy™ Banana Chocolate Loaf Cake.

Favourite Dish:

Chicken Parmesan.

What inspires you?

Seeing the satisfaction and happiness on our customers' faces as they shop!

Any future goals?

One day I hope to own my own house.



STACK THAT CABBAGE

WE HAVE OPPORTUNITIES ACROSS ALL DEPARTMENTS!

Visit farmboy.ca/careers for our current opportunities.

Showing Some Community Love

Participating in events and initiatives within our local areas is one of the ways we engage with our customers and neighbours.

Below are some of our favourite highlights from this past fall and some exciting details on future events for the winter season!



Fall Harvest Fest

Past Events



September 7, 2024 | Toronto, ON

A festival dedicated to all things art, food, and music; festivalgoers enjoyed the ultimate vegan experience.

Many stopped by to discover and sample Farm Boy's star vegan products!



September 21-22, 2024 | Toronto, ON

From delicious food to products crafted by local artisans (over 200 exhibitors!), Toronto's only free vegan festival gave fans plant-based fun in bunches!

Farm Boy was thrilled to join this wonderful community event by handing out some delicious refreshments and snacks.



VegTO Fest



September 29, 2024 | Toronto, ON

This one-day-only street festival offered garlic-infused fun for everyone. The event was filled with great food, drinks, local products, and entertainment.

We joined the party and brought some of our garlicky fan faves for the community to enjoy.



Garlic Fest

Farm Boy Fall Harvest Fest

September 29, 2024 | Two Farm Boy Locations

Farm Boy Port Credit, Mississauga, ON

Farm Boy Whitby, ON

To celebrate the arrival of the fall season, the community joined us for two events full of local vendors, children's activities, live entertainment, and yummy food sampling.

Lulu and Farmhand even stopped by to join the festivities!



Halloween Hunt



Fall Harvest Fest

Farm Boy Halloween Hunt

October 26, 2024 | All Farm Boy Locations

At all Farm Boy locations, customers brought their kiddies in costume to our stores for a fun and interactive Halloween scavenger hunt full of treats and guest appearances from our mascots, Lulu the Cow and Farmhand.



Holiday Food Drive

We are collecting monetary donations at checkout to support Feed Ontario and local food banks across the province. 100% of the money raised will help provide non-perishable food to those in need. Any donation is appreciated.

\$5 With any \$5 donation, you will receive a certificate to add your name to our giving wall.

In partnership with:  FEED ONTARIO



Thank you! ❤️

Upcoming Events



Holiday Food Drive

December 2–24, 2024 | All Farm Boy Locations

This year, we've partnered with Feed Ontario for our annual Holiday Food Drive, helping to provide our communities with much-needed support and nourishment. During your next visit to your local Farm Boy, you can purchase a donation certificate at checkout.

100% of donations will go towards providing non-perishable food to food banks in our local communities! Farm Boy will also be contributing \$25,000.

Together, we can make a difference this holiday season! In 2023, Farm Boy raised over \$130,000, including a \$25,000 corporate donation



Farm Boy Elves on Shelves

December 9–15, 2024 | All Farm Boy Locations

While you shop, see if you can spot the Farm Boy Elves on our shelves to earn a delicious prize.

Kids (12 and under), let our Team Members know where you saw an elf and you'll receive an individually wrapped Vanilla Snowman Cookie and a fun colouring sheet!

Be sure to snap a picture, follow us online across all social channels, post, and tag us @OfficialFarmBoy—keep your eyes peeled, they may not be in the same place for long!

New Store Opening!

Farm Boy Leaside

December 12, 2024 | Toronto, ON

Stay tuned for a new store opening Thursday, December 12, in the Leaside neighbourhood of midtown Toronto. Opening ceremonies start at 7:40 am with the doors opening at 8:00 am.

We're excited to bring the community a fun, fresh-market experience featuring long-lasting produce, local artisan goods, curated Private Label products, chef-prepared foods, an expanded frozen selection, robust international offerings, and everyday grocery essentials at excellent value.

With unparalleled customer service and plenty of amenities, we can't wait for customers to discover what Farm Boy is all about—the food!



Take a Peek

@OfficialFarmBoy



Don't forget to tag us @OfficialFarmBoy with any related posts and #FarmBoyHaul on your next tasty shop!

Did you know we cater?

Discover our loaded platters
and bountiful bowls!

[Order Online](#)



It's all about the food.™