

# Eat Well. Eat Local.



**Farmers feed the world.**

MICKSBURG STORE  
2768 Micksburg Road | 613-735-3689

PEMBROKE STORE  
1185 Pembroke St. E. | 613-732-2843

SHAWVILLE STORE  
388 Main Street | 819-647-2814

**M&R FEEDS**  
AND FARM SUPPLY

[www.mandrfeeds.com](http://www.mandrfeeds.com)



**The Mix Company**  
Making Gluten-free Easy – and Fun!

18 Years of Creating  
Gluten-Free and  
Allergen-Friendly Mixes  
in the Ottawa Valley

Visit us on Facebook:  
[www.facebook.com/themixcompany](http://www.facebook.com/themixcompany)

Phone: 613-628-3387  
[www.themixcompany.com](http://www.themixcompany.com)  
mixes@themixcompany.com



**THE Kitchn**  
Eatery & Catering Co.

100 Crandall Street, Pembroke  
Phone: 613-629-3287 | We're on Facebook



Restaurant open Monday-Saturday  
Catering for small and large groups  
Take out orders available



**Maple Lane FARMs**

Naturally Raised Pork  
Black Angus Beef  
Unpasteurized Honey

Custom freezer orders available.

194 Breen Line, Eganville  
613-649-2686 | [maplelane@nrco.net](mailto:maplelane@nrco.net)



**PEMBROKE FARMERS MARKET**  
Homegrown-Handmade

Wednesdays  
& Saturdays  
8:30am-1pm

Victoria & Lake Streets, Pembroke

Local produce, meats, jams,  
baking, crafts and more!  
Canteen and parking.

Pembroke Farmers' Market  
[www.pembrokefarmersmarket.com](http://www.pembrokefarmersmarket.com)  
Open until Thanksgiving!



Follow Taste of the Valley on Facebook for details!

**8am-3pm  
Saturday, October 14th**

More than 100 Vendors  
This is the big event

HELD AT  
**The Fairgrounds in Cobden**



Sustainable  
Network  
Artisan  
Roasted  
Koffie

Brewed to create a smoother and more flavourful cup of coffee.

**snarkbean.com**  
Coffee that makes a difference  
Phone: 613-804-6886



**Wilno Tavern Restaurant**

Hearty and homemade Polish and Canadian favourites. Dessert is made on site! Polish Buffet on weekends from May to October. Book today!

Open 11:00am-10:00pm Daily.

17589 Highway #60, Wilno  
Phone: 613-756-2029  
[www.wilnotavern.com](http://www.wilnotavern.com)  
Facebook: WilnoTavernRestaurant