



QCWA Country of Study
Canada

Ontario Produce and Cuisine

Flip Cards



Use these flip cards to promote the 2025 QCWA Country of Study and the Country Kitchens key message 'cook at home'.

Try this activity at your next Country Kitchens showcase or QCWA event.

How to use:

- 1.** Read the question on the front of the card
- 2.** Ask participants to share their answers
- 3.** Flip the card and read out the correct answer

**What are the
three main
field crops
produced in
Ontario?**

Answer:
**Corn, soybeans
and wheat**

Ontario is a key producer of field crops in Canada, with corn, soybeans and wheat being the dominant crops.

These are primarily grown in the fertile southern and southwestern parts of the province, which benefit from a moderate climate and rich soils.

Other primary field crops include oats, barley and rye.

**What
percentage of
Canada's fruit
crop is produced
in Ontario?**

Answer:
~30%

Ontario is the
top fruit producing
province in
Canada.

The Niagara Fruit
Belt on the southwest
shore of Lake Ontario
is a major fruit
production area
within the
province.

Major fruits produced
in Ontario include apples,
grapes, peaches, pears,
cherries, plums,
strawberries, blueberries,
and cranberries.

Approximately
how many types
of vegetables
are grown
throughout
Ontario?

**Answer:
Over 70**

There are over 70 types of vegetables grown throughout Ontario province, including both field grown and greenhouse vegetables.

The Holland Marsh area located just north of Toronto is known as Ontario's "vegetable basket".

Popular vegetables include corn, tomatoes, cucumbers, carrots, onions, lettuce, peppers, cabbage, potatoes, beans, beets, spinach and squash.

True or False?
**Ontario is the
largest apple
producing
province in
Canada**

**Answer:
True**

There are over a dozen different apple varieties grown in Ontario, including McIntosh, Northern Spy, Red Delicious, Gala, Honeycrisp and Empire.

The Apple Pie Trail is a self-guided tour along the southern shore of Georgian Bay with stops at a variety of locations that feature apple-inspired products and experiences.

Ontario produces the equivalent of 100 apples per Canadian!

True or False?
**There are more
than 300 varieties
of tomatoes
commercially
grown in
Ontario**

**Answer:
True**

Over 300 different varieties of tomatoes are commercially grown in Ontario. There are three main categories: (1) round, (2) roma or plum, and (3) beefsteak.

Leamington, Ontario is known as the “Tomato Capital of Canada”. The fertile soil supports a variety of agricultural crops, as well as tomatoes, including cucumbers and peppers.

Leamington is also home to the largest number of greenhouses in North America.

How many
kilograms of
maple syrup does
Ontario produce
per year?

Answer:
~3 million

Ontario is Canada's third-largest maple syrup producing province, behind Quebec and New Brunswick. In 2023, it produced 4.8% of Canada's maple syrup or 3,016,518kg of syrup.

Canada and the US are the only countries who produce maple syrup at commercial scale. In 2023 the Canadian maple syrup industry accounted for approximately 71% of the total world maple syrup production.

Ontario has ~400 maple farms with ~2 million maple taps.

What is
the name of
this meat
product?

**Answer:
Summer
sausage**

Summer sausage is a semi-dry, smoked and cured meat, similar to salami. It is made from beef, venison or pork.

The preservation process, which dates back to antiquity, means the meat can be kept unrefrigerated until it is opened.

For generations, Mennonite communities in Southwestern Ontario have been perfecting the art of making summer sausage. Mennonites are a religious-cultural group who arrived in Southern Ontario in the late 18th century.

What is
the name of
this fish?

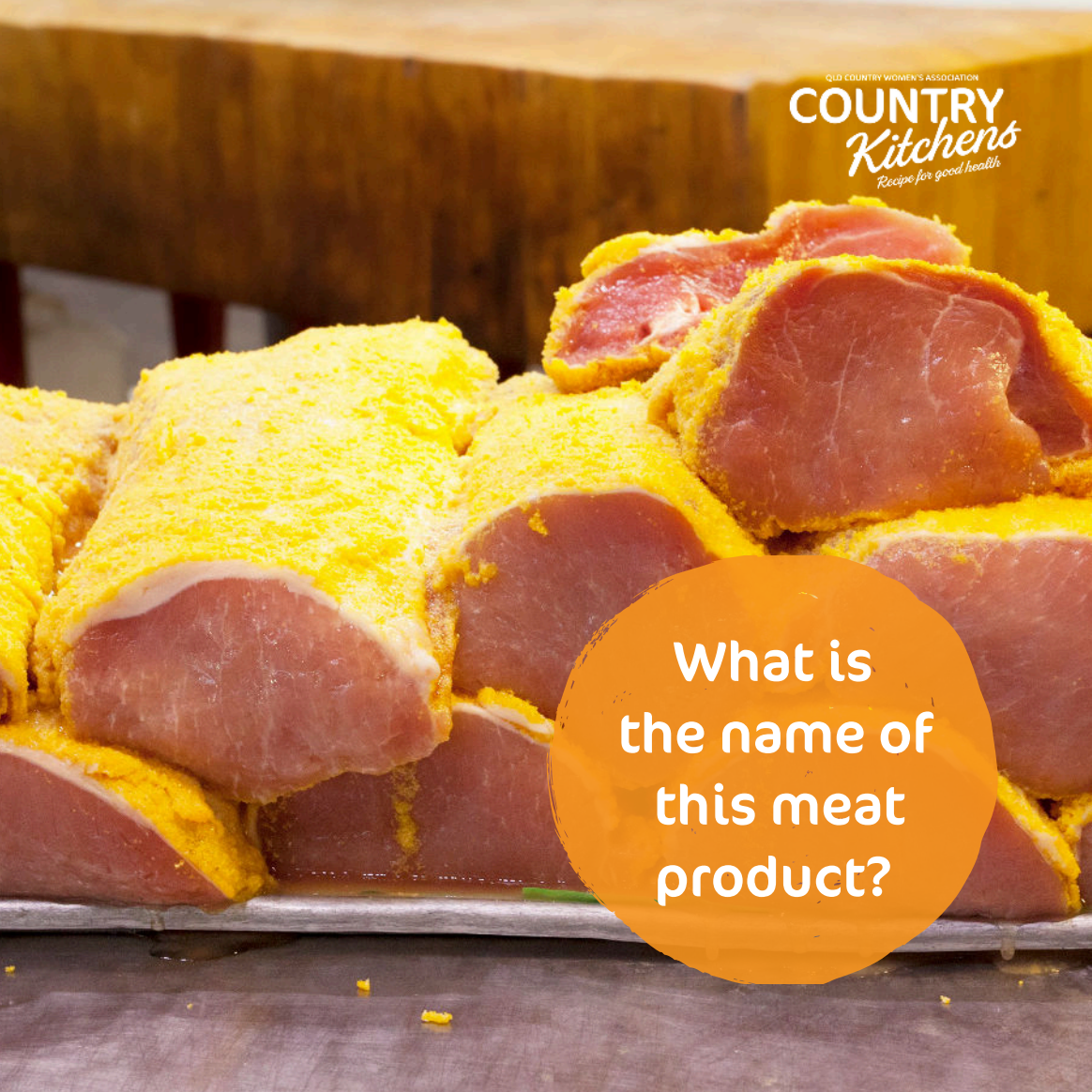


**Answer:
Pickerel**

Pickerel, also known as walleye, is a type of freshwater fish found in areas of Canada, including Ontario.

Along with perch, pickerel is one of the leanest and tastiest local fish to eat. You'll find it served fried, grilled, baked and broiled across the province.

Pickerel is also one of the most popular sport fish species in Ontario.



What is
the name of
this meat
product?

**Answer:
Peameal
bacon**

Peameal bacon (also known as cornmeal bacon) is a wet-cured, unsmoked back bacon made from trimmed lean boneless pork loin rolled in cornmeal. It is found mainly in Ontario.

Peameal bacon is much leaner than regular bacon. Sandwiches consisting of cooked peameal bacon on a bread roll, and sometimes topped with mustard or other toppings, are often considered a signature dish of Toronto.

Originally, it was rolled in crushed yellow peas, hence the name peameal.