

KINGS COUNTY

- Blomidon Produce**
CENTREVILLE 1672 Middle Dyke Rd.
- Blomidon Farms/Peach Pit Farm Market**
DEMPSEYS CORNER 2830 Hwy 221.
- Elderkin's Farm Market**
GREENWICH 10362 Hwy 1.
- Foote Family Farm**
WOODVILLE 1972 Woodville Road.
- Foote's Farm Market**
CENTREVILLE 1744 Hwy 359
- Scotian Gold Country Store**
COLDBROOK 7027 Hwy 1.
- Noggins Corner Farm Market**
GREENWICH 10009 Hwy 1.
- Stirling Fruit Farms**
GREENWICH 10328 Hwy 1.
- Van Meekeren Farms Ltd. Wholesale Outlet**
LAKEVILLE 237 Thorpe Rd.
- Avery's Farm Market**
KINGSTON 736 Main St.
BERWICK 4374 Hwy 1.
KENTVILLE 431 Main St.
COLDBROOK 2924 Hwy 1.
GREENWICH 9784 Hwy 1.
- Henny Penny's**
NEW MINAS 9234 Commercial St.
- Kenny's Farm Market**
WOLFVILLE 4 Maple Ave.

U-PICK OPERATIONS (WHEN IN SEASON)

- Boates U-Pick**
WOODVILLE 432 Bligh Road
- Elderkin's U-Pick**
GREENWICH 10362 Hwy. 1
- Haliburton Farms**
AVONPORT 91-92 Bluff Rd.
- Noggins Corner Farm**
GREENWICH 10009 Hwy. 1
- Willowbank U-Pick Farm**
PORT WILLIAMS Exit 11 off Hwy 101

COLCHESTER COUNTY

- Masstown Market**
MASSTOWN 10622 Hwy 2.
- Stirling Fruit Farms**
BIBLE HILL 325 Main Street.
- Avery's Farm Market**
BIBLE HILL 175 Pictou Rd.
TRURO 610 Willow St.
- Farmer Clem's**
STEWIACKE 95 Main St. West

CAPE BRETON COUNTY

- Farmer Clem's**
SYDNEY 638 Grand Lake Rd.

PICTOU COUNTY

- Stirling Fruit Farms**
BLUE ACRES 339 Bridge Avenue.

SHELBURNE COUNTY

- Spencer's Garden Centre**
SHELBURNE 5 Ohio Road.

ANNAPOLIS COUNTY

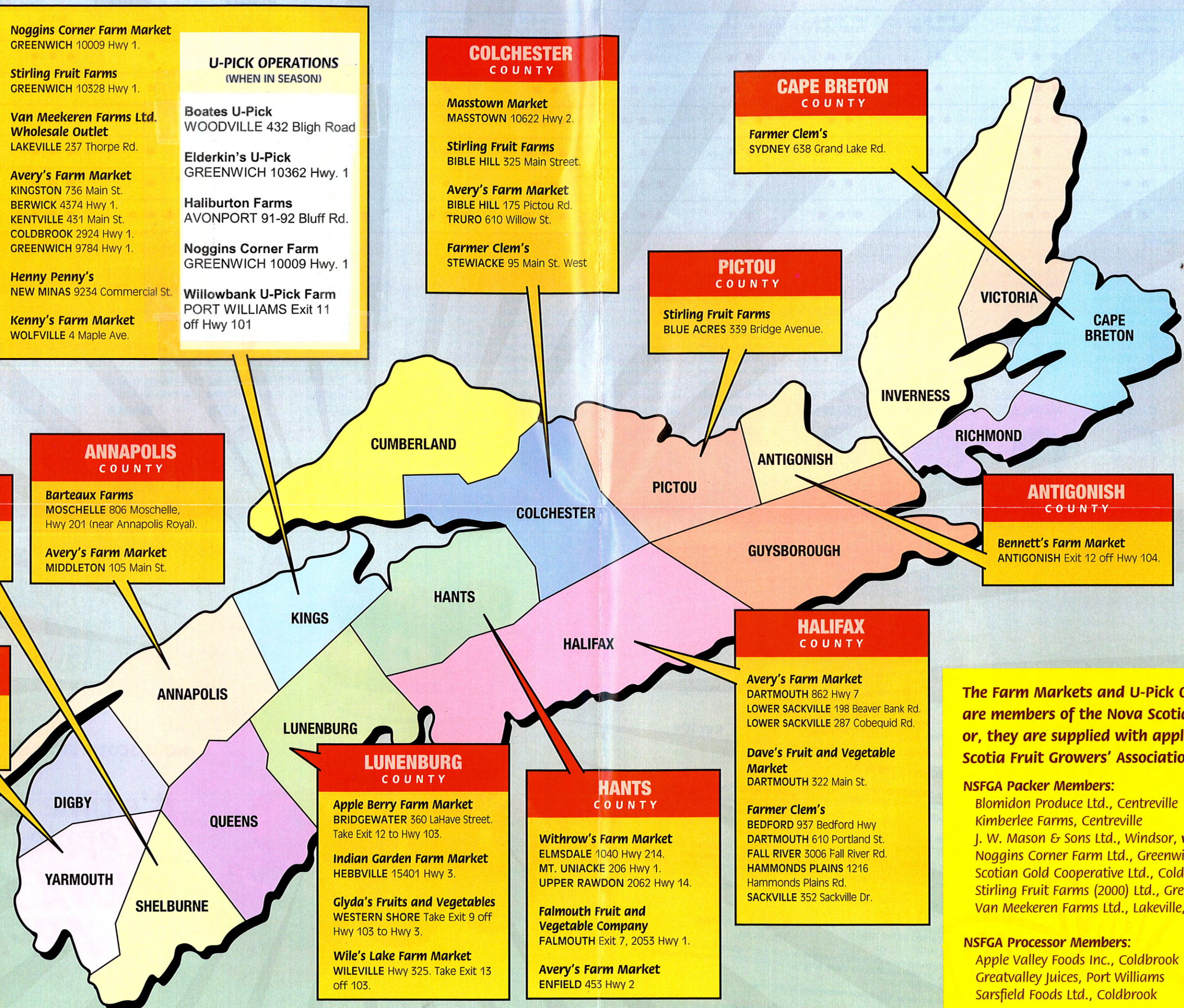
- Barteaux Farms**
MOSCHELLE 806 Moschelle, Hwy 201 (near Annapolis Royal).
- Avery's Farm Market**
MIDDLETON 105 Main St.

YARMOUTH COUNTY

- Anthony's Dayton Fruit and Vegetable Stand**
DAYTON Take Main Street in Yarmouth to Dayton on the Lake.



Nova Scotia Fruit Growers' Association
www.nsapples.com



Did you know?

Apples have no fat, cholesterol or sodium and are full of natural sugars that provide quick energy.

A medium-sized apple with skin will provide you with 2.6 grams of dietary fiber.

A small apple (100 grams) provides the total antioxidant activity of 1500mg of Vitamin C.

NUTRITION INFORMATION
INFORMATION NUTRITIONNELLE
per 138 g serving (one medium apple with skin)
par portion de 138 g (une pomme moyenne avec pelure)

Energy/Energie	82 Cal 341 kJ
Protein/Protéines	0 g
Fat/Matières grasses	0 g
Carbohydrate/Glucides	21 g
Dietary fibre/ Fibres alimentaires	2.6 g
Sodium	0 mg
Potassium	159 mg
PERCENTAGE OF RECOMMENDED DAILY INTAKE POURCENTAGE DE L'APPORT QUOTIDIEN RECOMMANDÉ	
Vitamin C/Vitamine C	11%

The Farm Markets and U-Pick Operations on this map are members of the Nova Scotia Fruit Growers' Association or, they are supplied with apples by members of the Nova Scotia Fruit Growers' Association.

- NSFGA Packer Members:**
- Blomidon Produce Ltd., Centreville
 - Kimberlee Farms, Centreville
 - J. W. Mason & Sons Ltd., Windsor, www.masonapples.com
 - Noggins Corner Farm Ltd., Greenwich, www.nogginsfarm.ca
 - Scotian Gold Cooperative Ltd., Coldbrook, www.scotiangold.com
 - Stirling Fruit Farms (2000) Ltd., Greenwich, www.stirlingfruitfarms.ca
 - Van Meekeren Farms Ltd., Lakeville, www.givethemawink.ca

- NSFGA Processor Members:**
- Apple Valley Foods Inc., Coldbrook
 - Greatvalley Juices, Port Williams
 - Sarsfield Foods Ltd., Coldbrook