



Farm to Fork

Do you know where the food you eat comes from? Wander around the grounds of the Benares Historic House to learn about how the food we eat is grown and the benefits of eating locally-grown foods.

Horsing Around

The Benares Estate - like many in historic Mississauga - included a farm that provided food for the family, and some of the harvest sold in local markets. The family also had animals on their estate.

To complete this mission, find the horse in the picture on the outside of the Benares Visitor Centre and take a photo of it.

Apple of my eye

DYK that apples were grown at many homes in historic Mississauga? The Harris family of Benares even sent apples they grew here to relatives in Scotland to eat! By 1880, Ontario farmers were growing 84 different types of apples. Today, the top 3 most popular apples in Ontario are the McIntosh, Red Delicious and Empire.

To complete this mission, walk through the forest path up to Benares Historic House to find the Red Delicious apple hidden along the path and take a photo of it.

Food Footprint

Do you know how far the food you eat travels from the farm to your table? Food miles are the distance food travels from production to consumer and it makes up 11% of foods' carbon footprint. Eating food grown locally (where possible) is better for the environment and helps support local business!

To complete this mission, look for the footprints on the barn. What letter footprint is smaller than all the rest?

Answer: _____

Home Grown

Gardens don't need to be big, they can be as small as one pot! If you don't have space for a garden where you live, check out one of Mississauga's Community Gardens.

To complete this mission, find our raised garden beds behind the Benares Historic House and take a photo of one of the veggies growing there.

Water makes us Well

Plants need a lot of water to grow. DYK that the amount of water used by Canadian Agriculture each year is the same amount of water that flows over the Niagara Falls every two weeks?

To complete this mission, find the water pump at the well and find out exactly how many cubic metres of water are used each year for agriculture in Canada.

Answer: _____

Clear Your Plate

DYK that veggies are the most common food waste in Canada? 30% of what we throw away is vegetable based.You can try to waste less food by planning your meals and getting creative with your cooking! Have you ever tried zucchini bread? How about carrot fries?

To complete this mission, tell us what your favourite vegetable dish is.

Answer: _____

Buttered Up

Homes like Benares had a dairy—a building that stayed cool naturally where they could store dairy products and make butter.Today, there are 3,834 dairy farmers in Ontario. Look for the 100 percent Canadian milk logos on the dairy products you buy to support Canadian Dairy.

To complete this mission, count the amount of spots you can see on the cow on the dairy behind Benares House.

Answer: _____