

IT'S WHAT WE DO

we make a
difference by
growing things
differently

Every day, we're looking for better and greener ways to do things we do. That's led us to some great ways to grow good bugs for pest control, a closed loop water system, and new tools to help us hear what our plants have to say. This is how we care for our communities and our planet.

We're proud of how we grow, but we're just getting started. Though we're leaders, we're always learning. Because even though we have farmed for centuries, there's still so much room to grow.

Check 'Em Out

HOW WE GROW

if we want to
bring farming
into the future,
we've got to
bring the future
to the farm

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Learn More

SAY HELLO TO

our products

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TASTY
berries

NAME
cucumzs

DELICIOUS
cucumbers

NAME
tomatoes

FRESH & TASTY

recipes

Spring tomato salad

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam.

Make Yours Today

緋色

AWARD WINNING FLAVOR

Hiiros

A new Tomato has taken the produce department by storm!
Nature Fresh Farms Hiiros™.

Full Story

LET'S GET

social

WE MEET STANDARDS THAT

exceed expectations

JUICY berries



TASTY peppers



DELICIOUS cucumbers



JUICY tomatoes

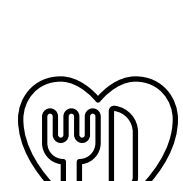


OUR TOMATOES

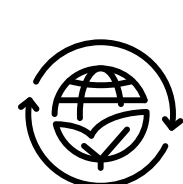
this is the most
flavor we could fit in
one tomato.

Tomatoes are extremely versatile—perfect for grilling, roasting, sautéing, or even as an on-the-go snack.

They're all fresh, non-GMO, and packed with nutrients like Vitamin A, Vitamin C, antioxidants, and lycopene. We offer many greenhouse-grown varieties, so you're sure to find the right fit for your recipe.



Greenhouse is better for you



Sustainable, means a healthier planet

[See Our Tomatoes](#)



OUR STRAWBERRIES

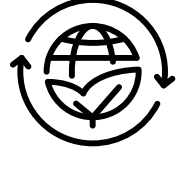
it's always **summer**
sweet

Fresh Summer Berries All Year Round

Greenhouse grown for superior flavor and appearance, Greenhouse Berries™ are irresistibly fragrant and deliciously sweet. Enjoyed naturally or combined in your favorite dishes and smoothies, their versatility makes them a favorite for everyone.



Greenhouse is better for you



Sustainable, means a healthier planet

[See Our Berries](#)

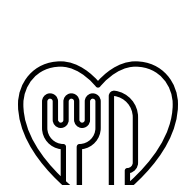


OUR PEPPERS

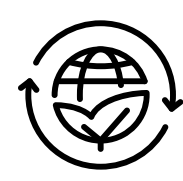
add flavor and
crunch to any meal

Crispy Cruncy Peppers for Every Meal.

Our green-house grown peppers contain more Vitamin C than an orange and offer antioxidant and anti-inflammatory benefits. We bring you a range of sweet and tangy varieties that is sure to satisfy every taste.



Greenhouse is better for you



Sustainable, means a healthier planet

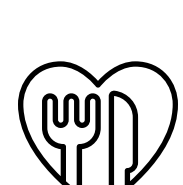
[See Our Peppers](#)



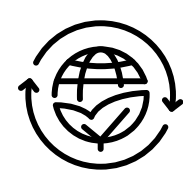
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[See Our Peppers](#)

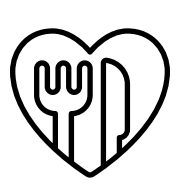


OUR CUCUMBERS

one of the world's
most **hydrating**
foods

We've got love for all types of veggies—but Cucumbers rank up there as one of our favorites.

These mild vegetables are about 95% water, making them great for keeping yourself hydrated, especially if you struggle to get your eight glasses of water per day. Keep reading to learn more about the different varieties of cucumbers we grow here at Nature Fresh Farms, why we love them, and how you can incorporate each type into your dishes at home!

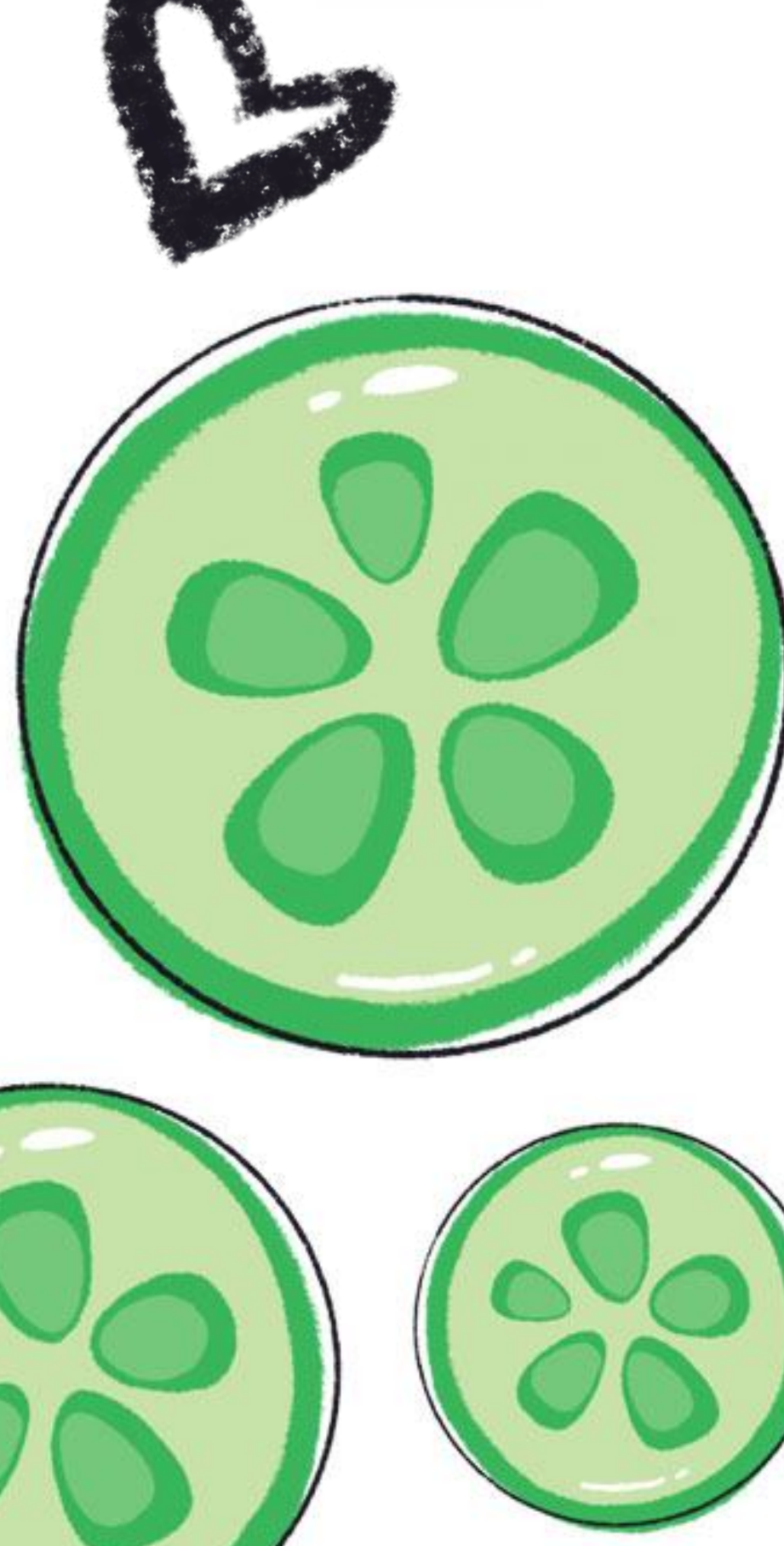


Greenhouse is better for you



Sustainable, means a healthier planet

[See Our Cucumbers](#)



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Happy Earth Day

WE MEET STANDARDS THAT

exceed expectations



GREENHOUSE
GROWN



red beefstake

Our Products / Tomatoes / Beefstake

TOMATOES

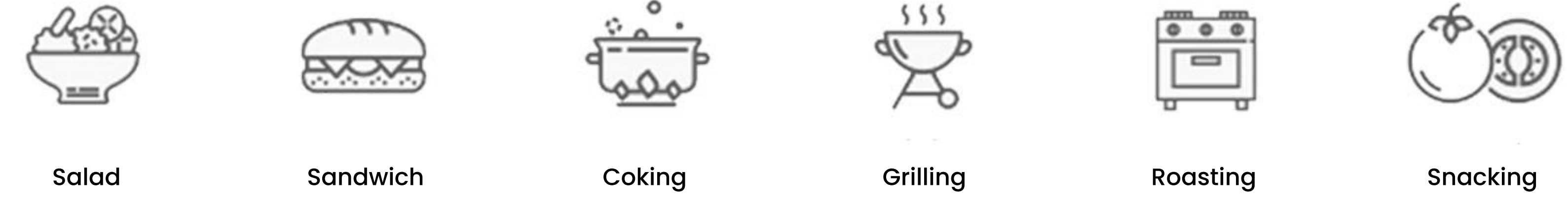
red beefstake

This versatile Tomato goes anywhere. Do you like to salsa? This garden-fresh beauty does.

Go beyond the burger. This garden-fresh beauty is THE salsa Tomato and will surprise you on the grill as a thick-sliced patty substitute. Red Beefsteak Tomatoes are the ideal crushing Tomato with lots of juice and make a lovely base for cold sauces and dips.



Best when used for



Characteristics

Bright deep red, robust appearance.

Flavour

Rich flavor

Healthy Benefits

High in Vitamin C, protecting against free radicals. A source of Vitamin A (beta carotene), which help build strong bones and teeth. Fat, cholesterol and sodium free. Low in calories.



CHEF ZACK'S TIP

up your game

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RELATED RECIPES

ratatoullie

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Get Recipe



Peach Burrata Board



MiniSweets-Ombré-Cucumber Grazing Board



Tomato Focaccia Bread

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GROWN



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Recipes / Peppers / Sweet S'NAPS Zesty Salad

Sweet S'NAPS zesty salad

PREP TIME
15 MIN

TOTAL COOK TIME
1:30

SERVES
6-8 PEOPLE

Share

Print

Ingredients

- 1 celery stalk
- ½ a small red onion
- 3 small Nature Fresh Farms® Sweet S'NAPS™ Peppers
- 1 tbsp chopped fresh dill
- 1 small orange
- ½ tsp. red wine vinegar
- 2 tbsp extra virgin olive oil
- Salt and freshly ground black pepper

Directions

- Step 1**
Wash all produce before preparing your meal.
- Step 2**
Thinly slice celery and red onion and place in a serving bowl.
- Step 3**
Trim stems off peppers. Thinly slice peppers. Add to serving bowl along with dill.
- Step 4**
Finely zest one small orange. Add zest to veggies in bowl. Juice the orange and place 1 tbsp in the bowl along with vinegar and oil. Season to taste with salt and pepper. Toss well to coat all the veggies.

Chef's Tips

- Up Your Game**
Lopsum dolor sit amet, consectetur adipiscing elit, sed do.
- Stretch Your Dollar**
Lopsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ute
- Help the Planet**
Sit amet, consectetur adipiscing elit, sed do tempo



MADE WITH
SWEET S'NAPS >

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Peach Burrata Board

MiniSweets-Ombre-Cucumber Grazing Board

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blog category

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We Grow Things Differently



March 22nd marks National Agriculture Day and, as we make a difference by growing things differently, we wanted to highlight a few things about Nature Fresh Farms that makes us unique in the agricultural world. Every day we're looking for better and greener ways to grow the freshest vegetables and so we've found some of the most unique and sustainable ways to operate our greenhouse facilities. Please take a few minutes to read about how we utilize our resources to help sustain the Earth and ensure the best quality, consistency, and care for our products.

CUCUMBERS IN THE GREENHOUSE

Vertical Growing: We practice vertical growing in our greenhouses – this farming practice allows us to yield more fruit in a smaller space. To grow vertically, we wind string around the stalks of our plants to increase stability and sustain the plant's growth. We also use plant supports to stop the plant stems from bending as fruits mature and gain weight.

Traceability: We use technology to help us trace the journey of every fruit and vegetable. By assigning (RFID tags) (Radio frequency identification) to every area of the greenhouse and each picking bin / cart, we can identify exactly when and where we pick our produce. **Natural Pollinators:** Open field crops are pollinated by wind, but in the greenhouse, this is not an option. This is why we use bumble bees in our greenhouses – to pollinate our plants! Bumble bees are not aggressive and they are also efficient pollinators because of their fuzzy bodies. We also use good bugs as natural predators to reduce the use of pesticides.

Conserving Water: Nutrient water is pumped through our irrigation system and delivered directly to our plant's roots systems using drippers. Excess water is then collected, sterilized, fertilized and recirculated back into the system. This means that we irrigate with a 100% closed-loop system. **How We Heat:** To heat our greenhouses we boil water in large biomass hot water boilers and pump it through our heating rails. These rails are located between every row along the greenhouse floor. Every year we burn approximately 15,000 tons of waste wood in our biomass boilers – this product would have been thrown into a landfill and not used productively. **Climate Control:** Since we grow indoors, we can completely control growing conditions for our plants. We use a state-of-the-art climate control system called PRIVA that is programmed and managed by our expert growers to ensure our plants always have optimal growing conditions. This system controls the temperature, humidity, watering, air flow, ventilation, and carbon dioxide (CO2) release within our greenhouses. We hope that this not only shows you how much we care about building and operating the most sustainable greenhouses but also growing the very best produce for you and your families. We are passionate about what we do and why we do it. Nature Fresh Farms is transparent when it comes to our agriculture practices and that's why celebrating National Agriculture Day is so special and important for us.

every day we're looking for better and greener ways to grow the freshest vegetables



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We Grow Things Differently

March 22nd marks nations
Agriculture Day

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WE MEET STANDARDS THAT

exceed expectations



GREENHOUSE
GROWN



faqs

we’ve got an answer!

1. WHAT DOES GREENHOUSE GROWN MEAN?

⊖

A greenhouse is a structure covered with glass or plastic that is designed to provide farmers with ideal growing conditions for their crops. The greenhouse growing system allows growers to recycle water and nutrients, reduce or eliminate pesticide use, and produce a year-round supply of high quality produce.

Greenhouse-grown has many meanings depending on your point of view; some would call shade cloth stretched over the crops a greenhouse. Nature Fresh Farms describes greenhouse grown as the most technically advanced growing systems designed to produce wholesome and safe food in the most sustainable way!

2. WHAT IS THE DIFFERENCE BETWEEN HYDROPONICA AND AQUAPONICS?

⊕

3. HOW DO YOU FEED THE PLANTS?

⊕

4. HOW DO YOU MAKE SURE PLANTS ARE GETTING ENOUGH WATER?

⊕

5. HOW OFTEN DO YOU PICK?

⊕

6. ARE THE BELL PEPPERS, TOMATOES OR CUCUMBERS CLEAN ENOUGH TO EAT WITHOUT WASHING THEM?

⊕

7. WHERE SHOULD I STORE MY PRODUCE?

⊕

8. HOW DO I KNOW IF MY PRODUCE COMES FROM NATURE FRESH FARMS?

⊕

9. WHAT IS LYCOPENE?

⊕

10. HOW DO YOU CONTROL PESTS?

⊕

11. ARE NATURE FRESH FARMS PRODUCTS GENETICALLY MODIFIED (GMO)?

⊕

12. HOW MUCH WOOD DO YOU USE IN ONE YEAR?

⊕

13. WHAT TYPE OF WOOD DO YOU USE TO HEAT YOUR GREENHOUSE?

⊕

14. HOW DO YOU KNOW WHAT THE PLANTS WANT & HOW TO FEED THE PLANTS?

⊕

15. WHAT DOES IT MEAN WHEN YOU SAY YOU HAVE A “REMOTE CONTROLLED GREENHOUSE”?

⊕

16. HOW DO YOU PREDICT AND AVOID RISKS?

⊕

17. WHY DO BELL PEPPERS COME IN DIFFERENT COLORS

⊕

18. WHAT HAPPENS IF THERE IS A POWER FAILURE? IN THE WINTER DO THE PLANTS FREEZE?

⊕

19. WHAT IS THE DIFFERENCE BETWEEN GREENHOUSE-GROWN BELL PEPPERS AND ORGANIC BELL PEPPERS AT NATURE FRESH FARMS?

⊕

still have questions?

We will do our best to answer your questions as it relates to how we grow our Tomatoes, Bell Peppers, and Cucumbers. Please give us 48-72 hrs to respond.

Contact Us Today

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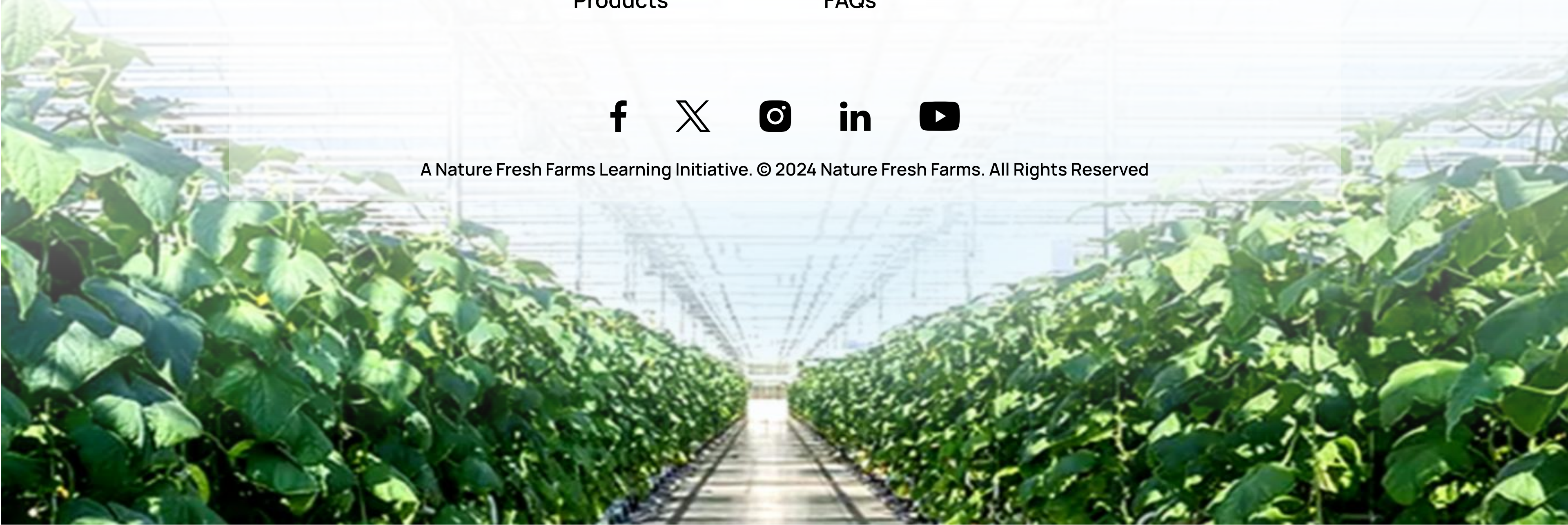
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contact us

get in touch with us

If you have any questions, concerns or ideas please feel free to contact us! We love hearing from you! We will attempt to reply to all inquiries within 48 hrs.

First Name*

Your First Name

Last Name

Your Last Name

First Name*

Your Last Name

Phone Number

Enter Your Phone Number

Comments*

Add Your Comments


*indicates a required field


Get In Touch


MEDIA INQUIRIES

For all media requests or inquiries please send an email to mediainquiries@naturefresh.ca

GET IN TOUCH

Farm (Canada)
525 Essex Rd. 14
Leamington, Ontario
N8H 3V8
Monday - Friday
9 am - 4 pm
519-326-8603
 View on map

Farm (USA)
7445 Route 109,
Delta, Ohio
43515
 View on map

Sales Office
4 Seneca Drive
Leamington, Ontario
N8H 3W5
Monday - Friday
9 am - 4 pm
519-326-1111
 View on map

Email
7445 Route 109,
Delta, Ohio
43515
info@naturefreshfarms.ca

JOIN OUR TEAM

We are always excited to be accepting new individuals to be part of the team! Apply now to be part of a fast growing, innovative and forward thinking environment.

Apply Now

have more questions?

We love answering your questions & being able to provide knowledge! Check out some of our frequently asked questions.

Read Our FAQs

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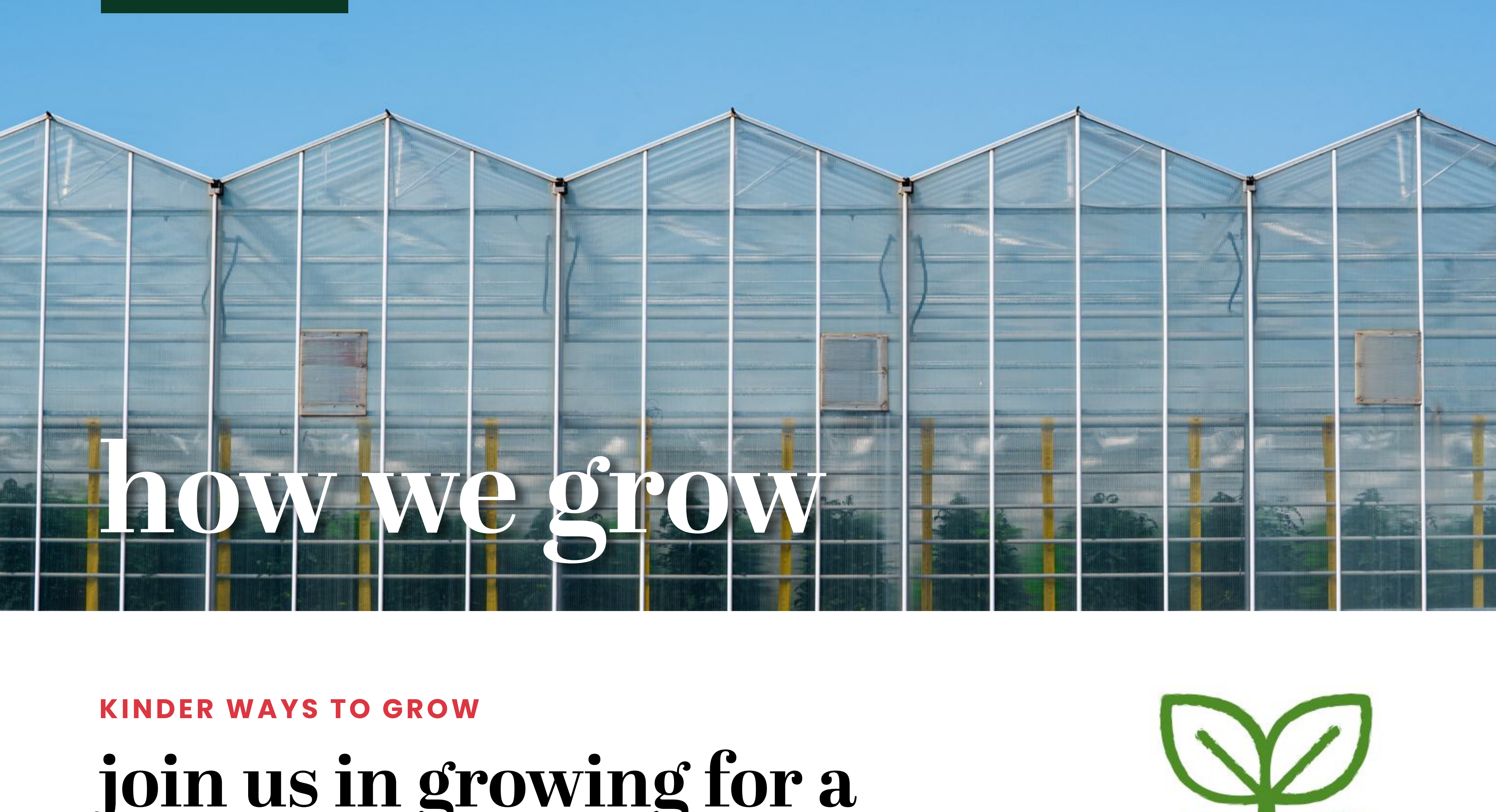
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how we grow

KINDER WAYS TO GROW

join us in growing for a kinder future



Sustainably grown produce you can feel good about eating.

Imagine breaking from tradition to ensure a brighter future for generations to come. At Nature Fresh Farms®, we're more than growers - we're architects of a brighter future.

We recognize our crucial role in nourishing both people and the planet. That's why we're passionately dedicated to pushing the boundaries of greenhouse technology and advocating for sustainable farming practices. Because for us, good food isn't just about taste - it's about creating a meaningful, positive impact on our world.



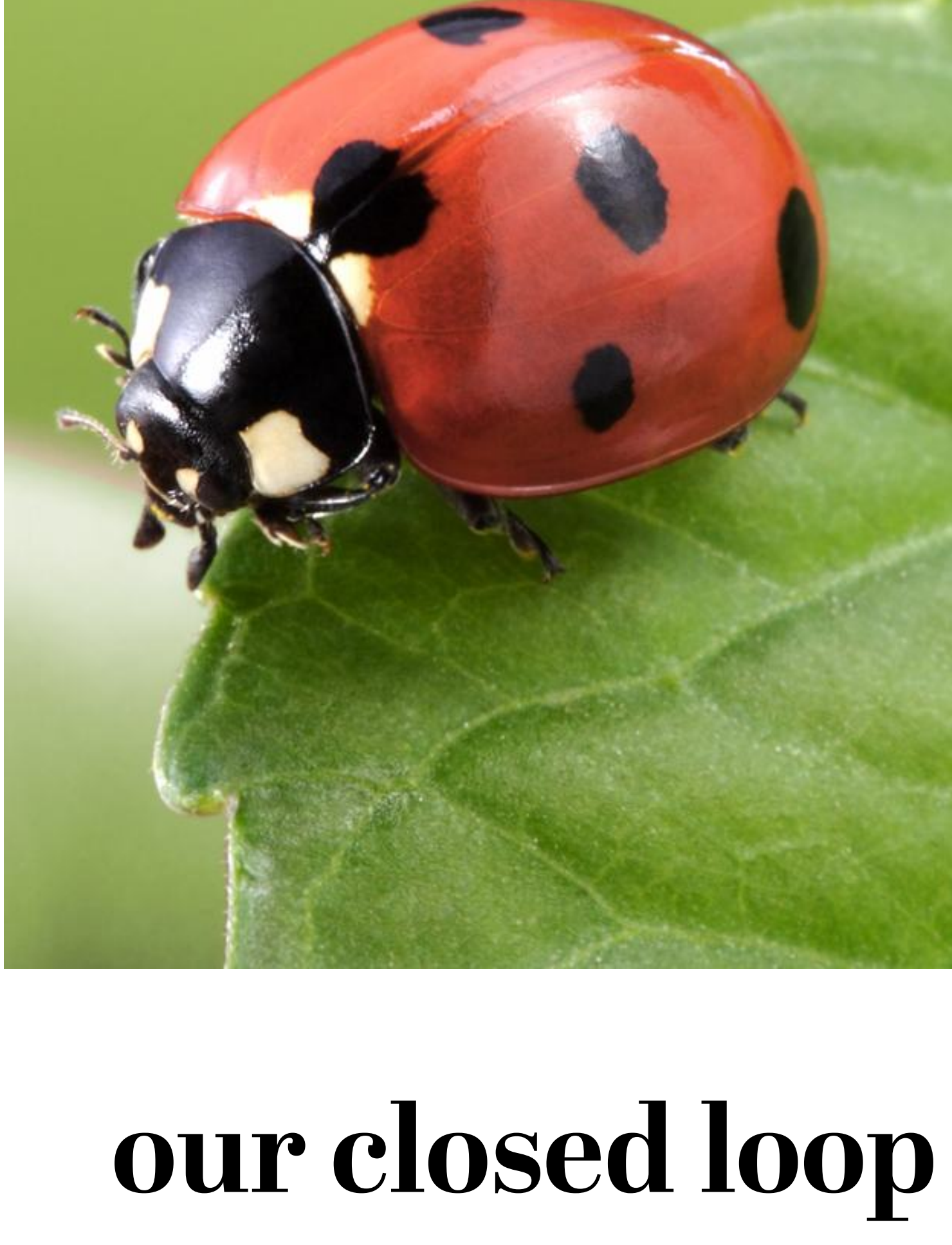
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our integrated pest managementsystem reduces pesticide use

1 Faithfully guarded by ladybugs. Professionally pollinated by bees.



We use good bugs to manage the bad bugs naturally and reduce the use of pesticides. We also use bumble bees in our greenhouses to pollinate our plants.

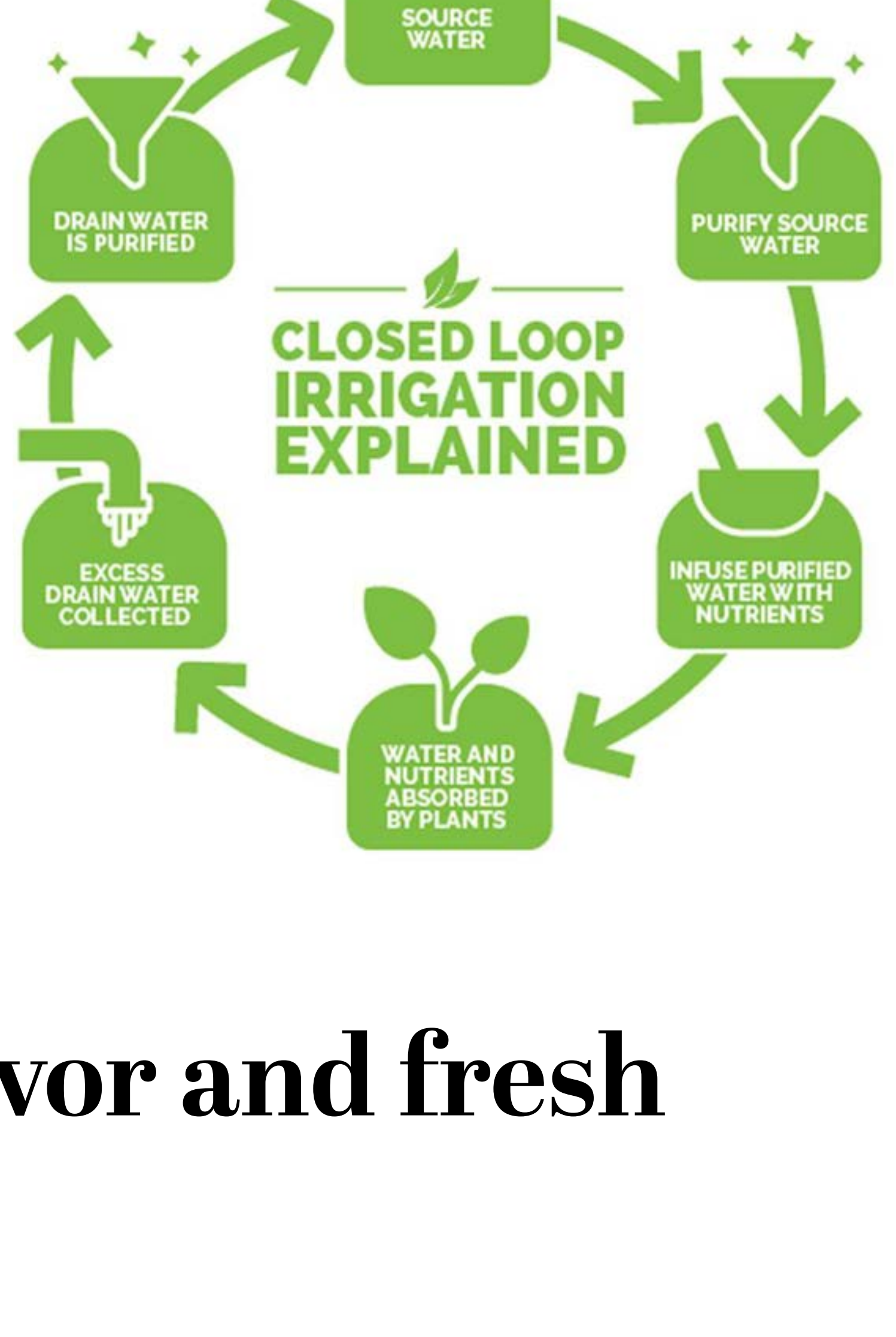
our closed loop water system reduces water by up to 90%

Saving water in our greenhouses, because every drop counts.

2

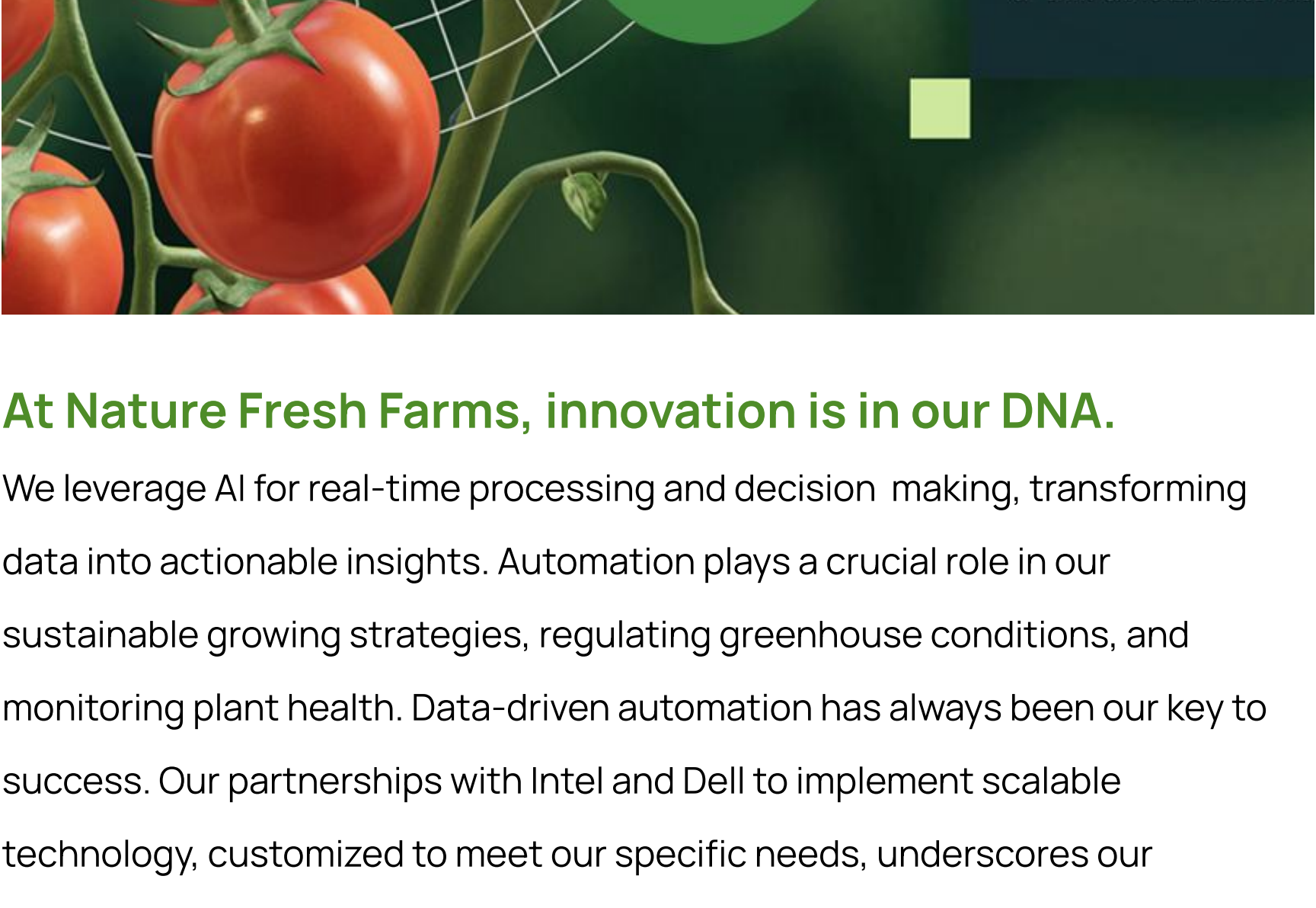
We are committed to reducing, reusing, and returning as much water as we can to our plants.

Any excess water is collected, fertilized, sterilized and recirculated back into the system, using 90% less water than traditional farming.



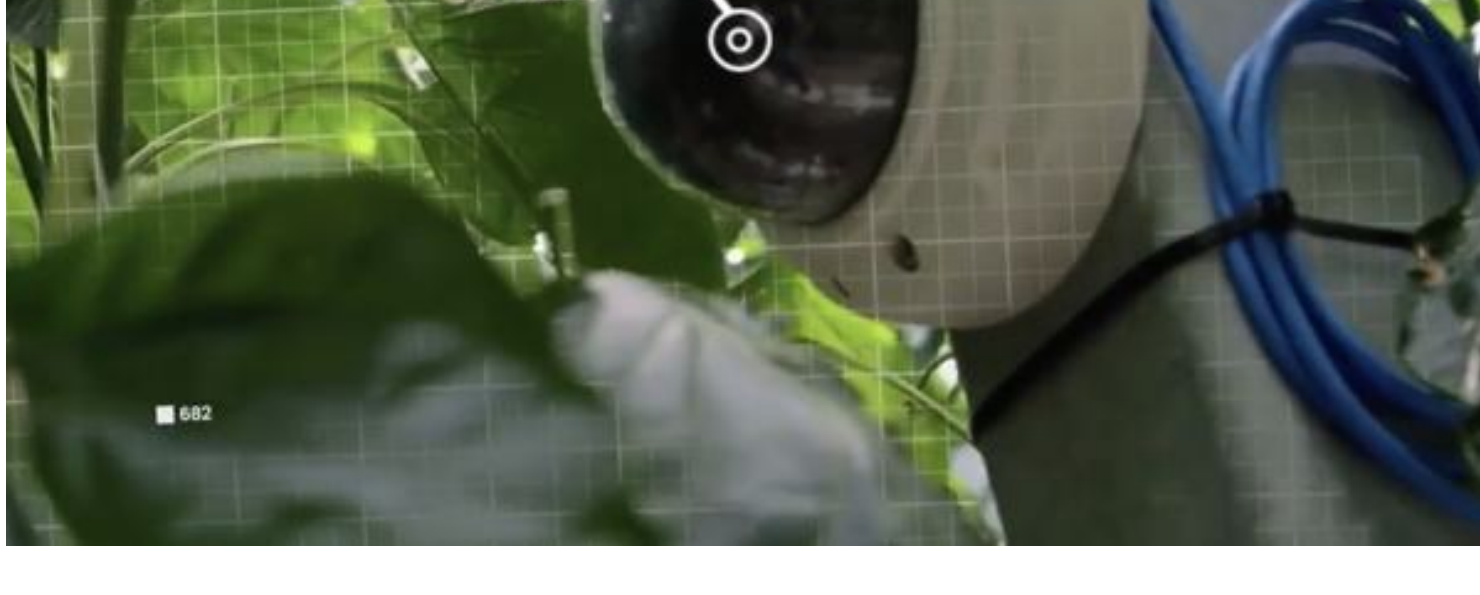
innovation driven, flavor and fresh obsessed

3 To bring farming into the future, we bring the future to the farm.



At Nature Fresh Farms, innovation is in our DNA.

We leverage AI for real-time processing and decision making, transforming data into actionable insights. Automation plays a crucial role in our sustainable growing strategies, regulating greenhouse conditions, and monitoring plant health. Data-driven automation has always been our key to success. Our partnerships with Intel and Dell to implement scalable technology, customized to meet our specific needs, underscores our commitment to quality. Our AI-powered systems ensure we bring the best produce to market while fostering a sustainable future.



Learn More

where innovation meets excellence

Nature Fresh Farms Discovery Center

Welcome to the Discovery Center at Nature Fresh Farms. Established in 2015, our 2.5-acre trial greenhouse and research center in Leamington, ON, brings us to the forefront of the produce industry. Here, agricultural science, product trialing, and consumer feedback come together to create groundbreaking innovations that bring the best-tasting, highest-quality products to market.

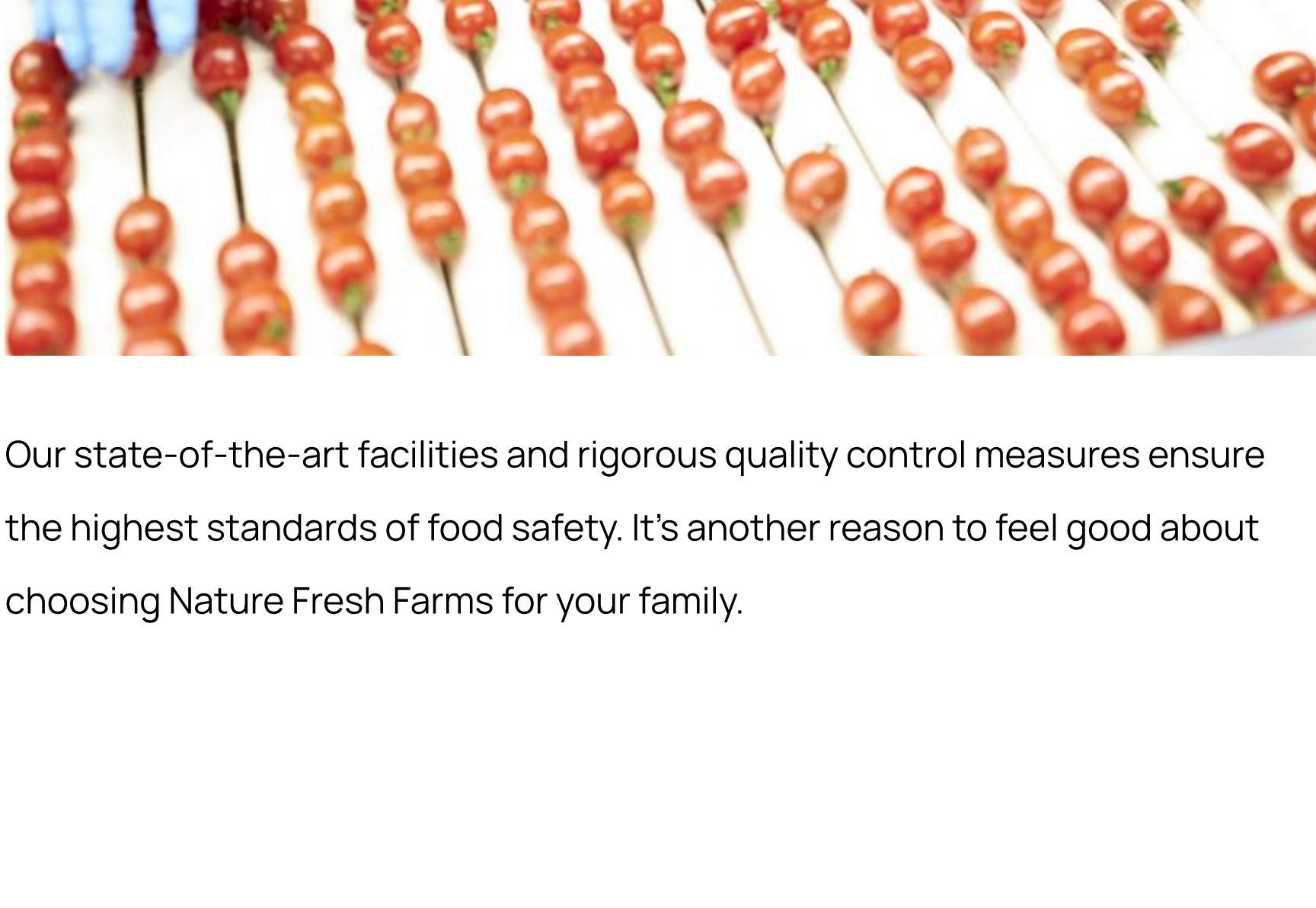
Join us in discovering the future of food, where quality, taste, and growing for a kinder future are at the heart of everything we do.



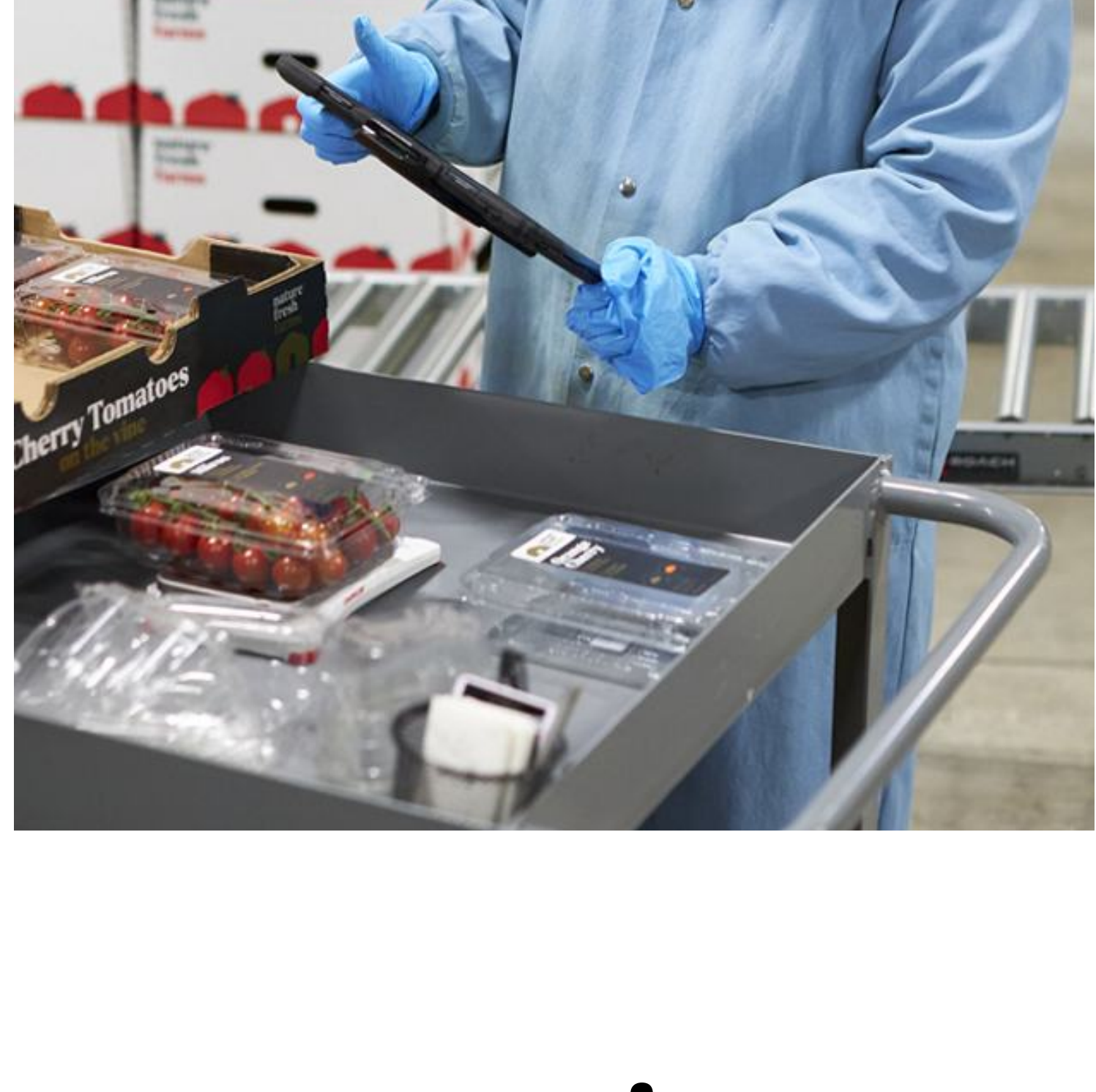
food safety is our top priority

We follow best-in-class protocols to deliver produce you can trust.

4

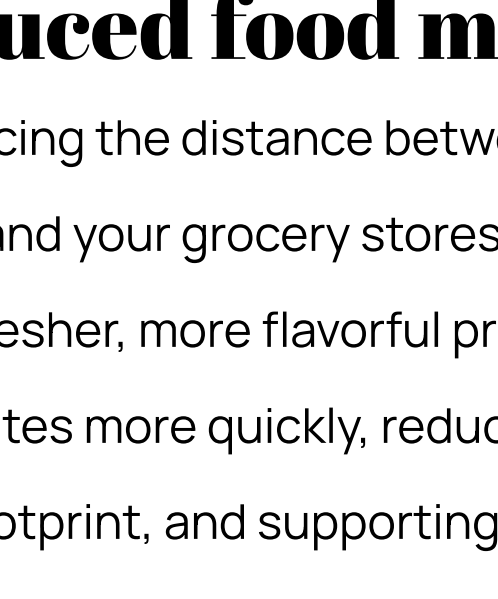


Our state-of-the-art facilities and rigorous quality control measures ensure the highest standards of food safety. It's another reason to feel good about choosing Nature Fresh Farms for your family.



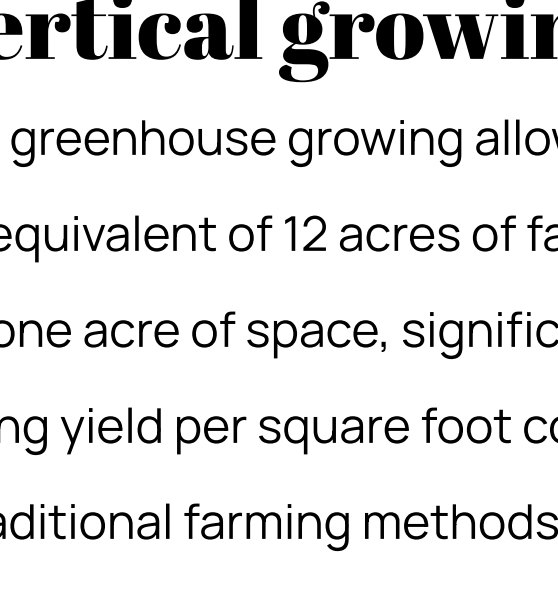
the benefits of greenhouse growing

Growing more with less-better for the planet and palate.



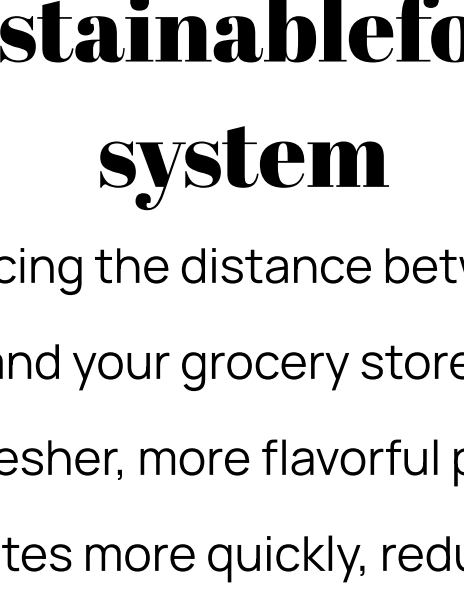
reduced food miles

By reducing the distance between our farms and your grocery stores, we're putting fresher, more flavorful produce on your plates more quickly, reducing our carbon footprint, and supporting healthier people and planet.



vertical growing

Vertical greenhouse growing allows us to fit the equivalent of 12 acres of farm into just one acre of space, significantly increasing yield per square foot compared to traditional farming methods. This approach also enables year-round production, leading to more efficient and sustainable food production.



sustainable food system

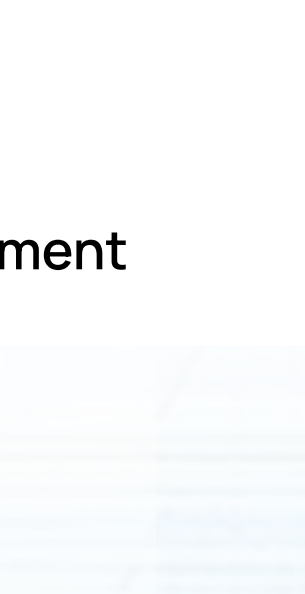
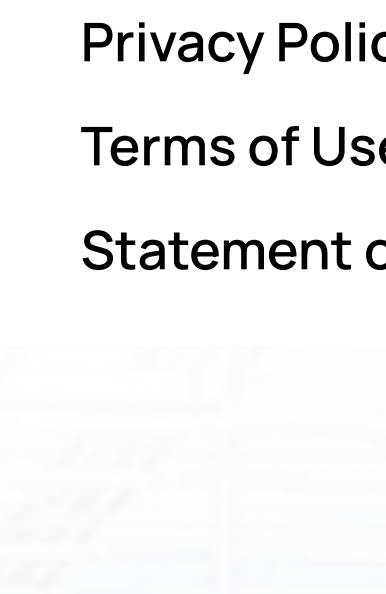
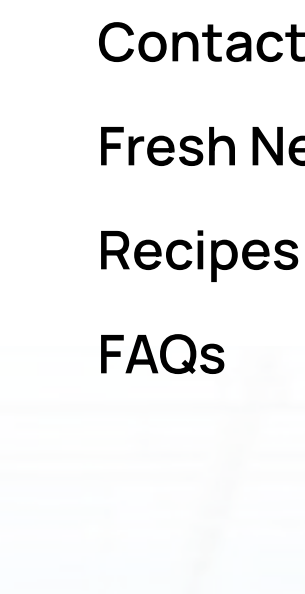
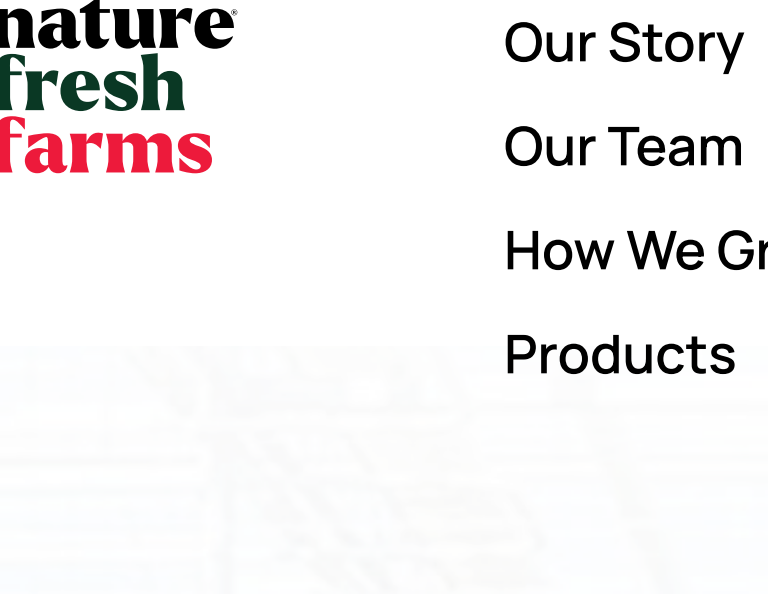
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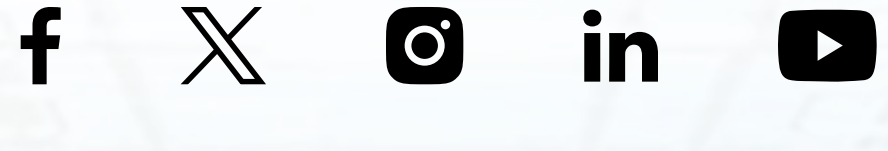
WE MEET STANDARDS THAT exceed expectations



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our story

IT'S WHAT WE DO

growing for a kinder future

Imagine breaking from tradition to ensure a brighter future for generations to come. At Nature Fresh Farms®, we're committed to nourishing people and the planet through greenhouse farming. Since 1999, our family-owned company has pursued a simple yet profound goal: to cultivate a kinder, healthier future.

From our humble beginnings, we've grown into one of North America's largest vertically integrated leaders in greenhouse-grown produce. We don't just grow produce; we build our own greenhouses, nurture our own plants, and partner with growers who share our vision.



But our vision extends far beyond producing the freshest and most flavorful fruit and vegetables year-round. We believe in planting deep roots for a kinder future. This belief drives us to innovate and implement farming practices that conserve resources, reduce waste, and promote biodiversity.

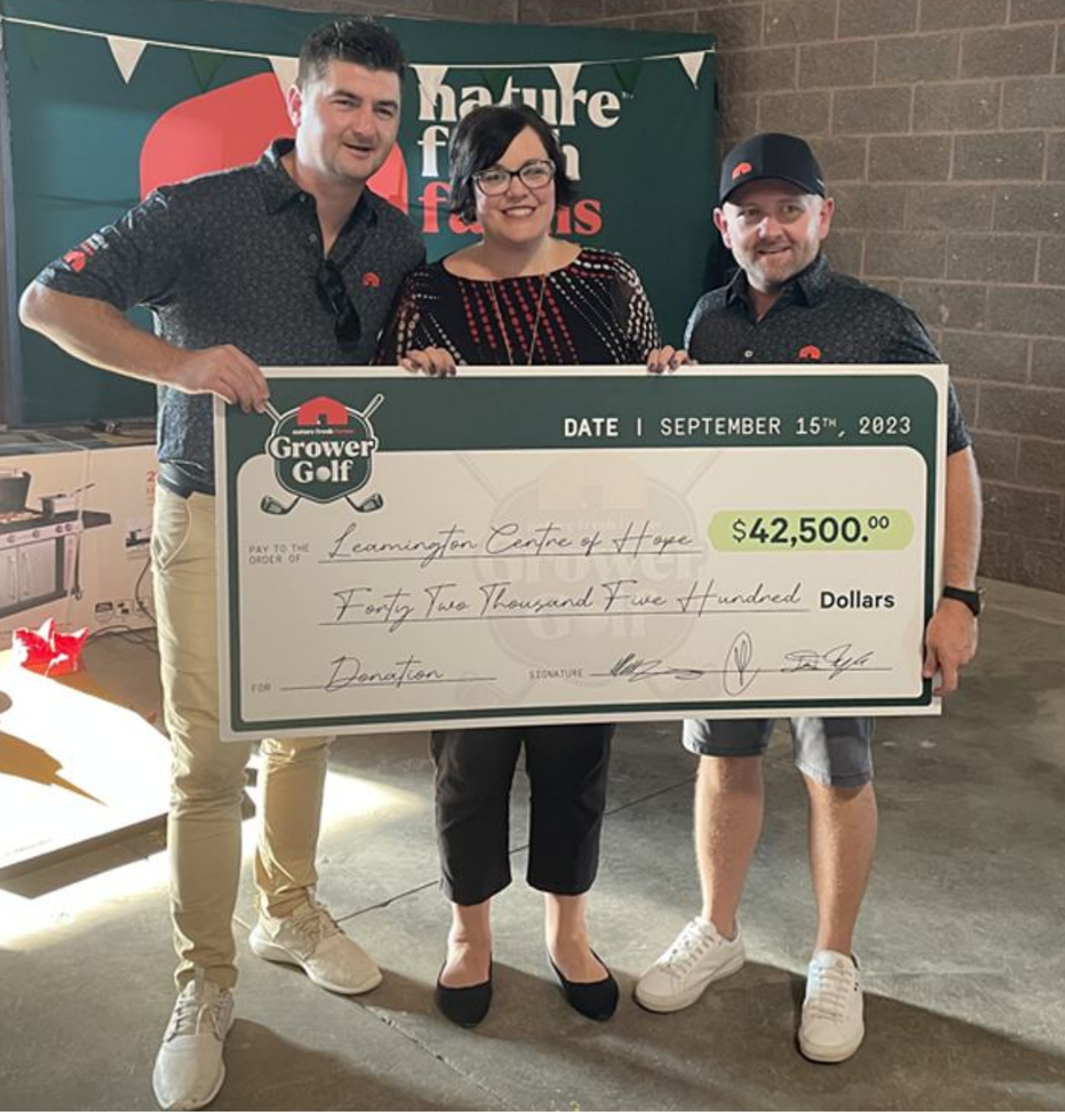
To us, a tomato is more than just a tomato! It symbolizes our commitment to growing food with care and compassion. It represents our respect for the communities we feed and the growing environments we produce in, now and for generations to come.

our vision of a sustainable future

I founded Nature Fresh Farms® driven by a belief in the transformative power of technology, a commitment to sustainable agriculture, and a passion to empower others. By creating an atmosphere that nurtures innovation and encourages individuals to actively contribute to our vision of a sustainable future, we've fostered a culture of collaboration and achievement. It's not just about what we grow, but how we grow it and those we help grow along the way.

Peter Quiring

Peter Quiring,
Founder of Nature Fresh Farms



a kinder future for all

Our commitment extends beyond growing produce; it's about nurturing communities. Through investments, educational initiatives and volunteerism, we proudly support the people and organizations integral to our communities.

We aim to cultivate stronger, healthier communities where everyone can grow.



our cutting-edge facilities

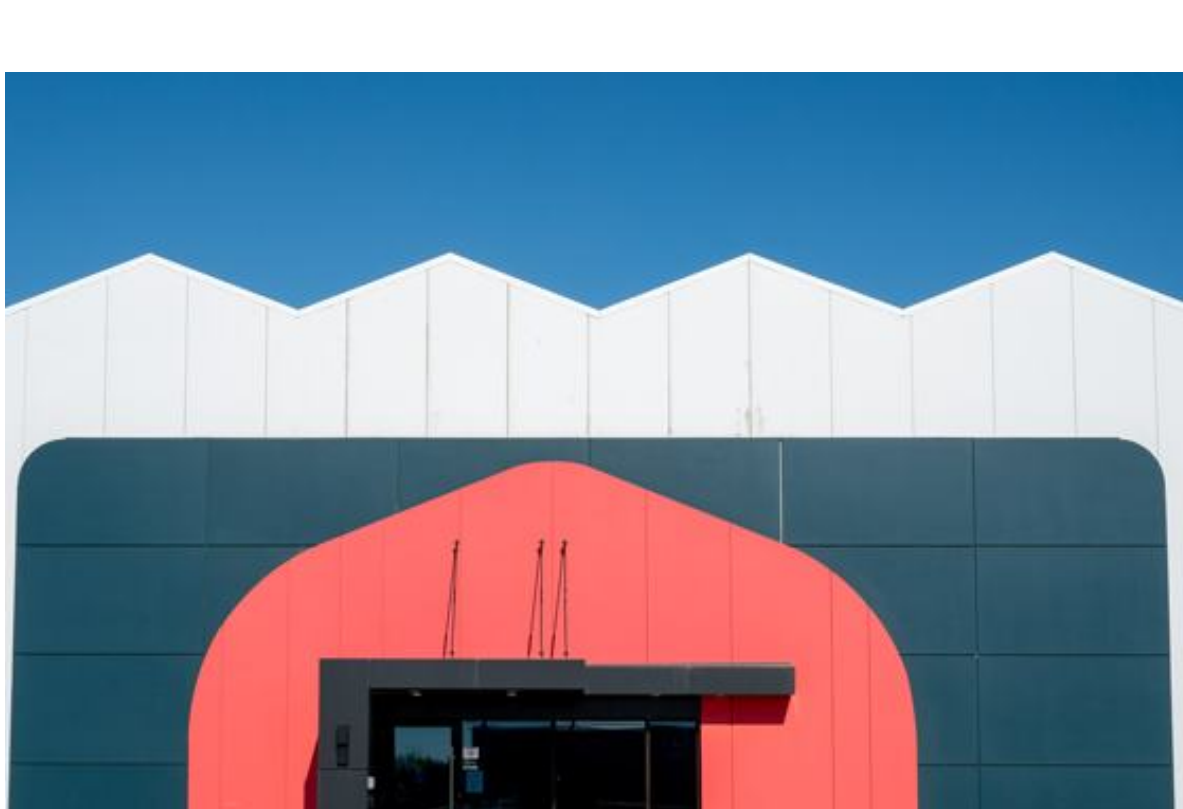
Nature Fresh Farms operates across Canada, the United States, and Mexico, selling and marketing over 2,200 acres of greenhouse production. Our sustainable approach equates to the productivity of approximately 45,000 acres of traditional field farming. We proudly ship over 300 million lbs. of fresh produce to our customers every year.



160 Acres - Leamington, Ontario Canada



90 Acres - Delta, Ohio U.S.A.



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exceed expectations



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