

MARKET HOURS OF OPERATION:

Monday: Closed
 Tuesday to Friday: 9 a.m. – 7 p.m.
 Saturday: 7 a.m. – 5 p.m.
 Sunday: 10 a.m. – 5 p.m.
 Saturday Farmers Market: 5 a.m. – 3 p.m.



Rube's Rice
 You'll never reach for a box of instant rice again once you've stopped by this gem. It's one of the oldest stores in the market and specializes in gourmet rice.



GORGEOUS AND BEAUTIFUL FLOWERS
 The name says it all. You can't help but feel good stepping into this colourful vendor bursting with the brightest blooms. Make your table shine with their seasonal bouquets.

CHRIS' CHEESEMONGER
 Be the host with the most when you stop by this iconic fromagerie. Find an array of delicious imported cheese, plus accouterments like aged balsamic.



Mike's Fish Market
 We love making a beeline for Mike's fish counter to gawk over all the amazing seafood like live lobsters, smoked fish and freshly caught beauties. They have frozen options, too.

PUT SOME SPRING IN YOUR PREP

St. Lawrence Market is the one-stop-shop for all of your spring hosting essentials.

SPRING HASN'T JUST sprung — it's saved the day from feeling like one big slush pile. The sun sets later, produce tastes fresher and we're ready to dust off our dinnerware and indulge in the season's best.

Whether you're hosting a spring gathering or want to switch up the same ol' weeknight dinner routine, Toronto's iconic St. Lawrence Market has everything you need and more to put some spring in your prep.

With over 120 merchants, vendors, farmers and artisans, St. Lawrence Market offers one of the most diverse shopping and snacking experiences in the GTA. Now that the market is open on Sundays and weekday evenings (except Mondays), you have even more time to fill up on goodies that could make any dinner party guest swoon.

Since the market is so big and has so many enticing options, it can feel a little overwhelming if you don't know where

to go. We suggest starting at the upper level and working your way down.

If you're hosting a larger gathering, head to Whitehouse Meats for ideas on what to build your meal around. Whitehouse is loved by chefs and home cooks for their large selection of delicious mains like aged beef, turkey, chicken and lamb.

Meat doesn't always have to be the star of the show, though. For both seasonal local vegetables and imported

fruit and veg, make sure to check out Urban Fresh Produce, also on the upper level, for high-quality farm fresh ingredients. There's no better place in the whole market for such a wide selection of gourmet mushrooms, interesting herbs and vibrant peppers from all over the world.

Then, mosey your way down to the lower level, where vendors like Lively Life Fine Foods (international ingredients) and Stonemill Bakehouse

(perfect pastries) await.

For more seasonal sensations, don't miss the Saturday Farmers' Market (5 a.m. – 3 p.m.). With the great thaw comes amazing Ontario grown products like ramps, fiddleheads, chives and so much more for your table. We can't wait to dig in.

To learn more, visit stlawrencemarket.com



Photography: St. Lawrence Market