



Just Food January 2015 Newsletter

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If you received this monthly newsletter from someone else and would like to receive it directly – subscribe to Just Food (it's free!) Simply fill out the online form found when you click on the "Get Involved" subheading on our website: www.justfood.ca. You will automatically receive this newsletter once a month. If you haven't received it after signing up or if you have a food event or issue that you would like posted on this newsletter, please e-mail us directly (info@justfood.ca). If you would like to be taken off this distribution list, you may unsubscribe at the bottom of this newsletter.

Although all volunteers and community partners of Just Food want to ensure Ottawa has a vibrant, accessible, sustainable food system, we have many diverse perspectives on how to get there. Just Food welcomes this diversity and believes that it is through working collaboratively with different opinions that we will arrive at food security for all. Any information that Just Food sends can include information from different community members and community partners and does not necessarily reflect the opinions of Just Food. If you ever have a question about any information listed here, please do not hesitate to e-mail info@justfood.ca or call [613-699-6850 x10](tel:613-699-6850).

Just Food News and Events

1. 2015 Community Garden Development Fund applications - due Feb 8

Interested garden groups have until **Sunday, February 8 at 11:59 pm** to submit funding applications to start a new community food-based garden, or to assist an existing community garden. For more details on the **Community Garden Development Fund** of the **Community Gardening Network**, and to access the application form, please visit www.justfood.ca/2015funding for information in English ou www.alimentationjuste.ca/financement2015 pour l'information en français.

2. CGN Winter Workshop: Herbalism Tips & Tricks – Feb 10

Don't miss **Herbalism Tips & Tricks: Simple Ways to incorporate Healing Plants into Everyday Life** with Amber Westfall of *the Wild Garden*.

When: Feb 10, 6-8 pm

Where: Carleton Community Health Centre, 900 Merivale Road

Cost: Free!

Registration for all CGN workshops is required so be sure to contact Jordan at communitygardening@justfood.ca or call [613\) 699-6850 x12](tel:613-699-6850) to register.

3. Read about the Karen Farm Project at the Just Food Farm

The Karen are a small ethnic group from Burma who fled civil war to refugee camps at the Thai border, where they lived for many years before being resettled by UNHCR. A group in Ottawa has been farming at the Just Food Farm. Read their story here: thegoodcollector.ca/karen-farm-project/. An abbreviated version of the story was picked up by the Ottawa Citizen.

4. Shop Savour Ottawa Online for local food all winter long!

Do your groceries online at any time of day - pick up in seconds!

SavourOttawaOnline.ca is a service that lets you order local food online every week by Sunday and then pick it up at the Parkdale Market Fieldhouse (21 Armstrong Avenue North) on Thursdays and Fridays. Every single item available at SavourOttawaOnline.ca is produced by farmers in the Ottawa region.

Savour Ottawa Online currently boasts a wide variety of products. There are many different types of frozen and fresh fruits and vegetables, lamb, beef, sheep's milk cheese, yogurt, ice cream, personal care products, eggs, sunflower oil, apple ciders, cranberry juices, maple syrup, teas, preserves and more – all from Ottawa area farmers! To support your local producers be sure to place your next grocery order at www.savourottawaonline.ca.

SO Fresh! SO Delicious! SO Convenient!
SOOnline.ca

5. Pick up or Download your Copy! Savour Ottawa Harvest Table Cookbook

At **Savour Ottawa's Harvest Table** event in mid-August diners tasted fantastic dishes made from local products by Ottawa chefs.

Recreate these flavours at home with the **Savour Ottawa Harvest Table Cookbook**. Inside the Cookbook there are the more than 20 recipes created by local chefs from local agricultural product, and served at the Harvest Table. The Harvest Table Cookbook makes a great gift for the foodie in your life.

The **Savour Ottawa Harvest Table Cookbook** is available for purchase at **Thyme and Again**, 1255 Wellington St. West, or at **Herb and Spice** at 380 Bank St, for \$12.00, or a digital copy can be purchased from the Savour Ottawa website for \$5.00 here: <http://www.savourottawa.ca/harvest-table-cookbook-2014.php>.

Follow Just Food on Facebook to keep up to date with news and events!

Other Community News and Events

6. Good Food Markets ongoing this Winter!

Good Food Markets Ottawa, are community non-profit markets that sell a variety of high quality fruits, vegetables and dried goods at great value.

Michelle Heights: Saturdays, 10:30-1:30

Somerset West at Rochester Towers: Feb 6, 4 pm – 6 pm

Nanny Goat Hill: Feb 7, 21, 11-1

Epiphany United Church: Feb. 21, 9-12

Check out the **Good Food Markets** website <http://www.gfmottawa.ca/> or follow them on Facebook for more details.

7. Master Organic Gardener Course - Feb-April 2015

It's the perfect time to start thinking about next year's gardening season! The **Organic Master Gardener Course** is offered in Ottawa for the first time this winter 2015. Learn to create healthy food and ornamental gardens without pesticides and harmful chemicals.

This course will address sustainable land management practices to maintain plants in the urban landscape by examining the connection between soil health, plant health, human health and environmental health.

The **Organic Master Gardener Certificate** is designed for urban growers, community gardeners, landscapers, municipal parks personnel, environmental advocates, naturalists and conservationists. Please note, you will need weekly access to a computer and the Internet for some course materials.

When: Three full weekends - both Saturday and Sunday - Feb 14-15, March 14-15 and April 11-12, from 10am to 4pm

Where: Hintonburg Community Centre, 1064 Wellington Street West

Cost: \$720 + HST

To register: http://www.cog.ca/news_events/OMG/

For more details, check out the full course syllabus: [http://www.cog.ca/uploads/OMG Course Outline-2013-Aug.pdf](http://www.cog.ca/uploads/OMG_Course_Outline-2013-Aug.pdf)

**** Spaces are Limited, Register Soon! ****

8. Young Agrarians Gathering – Feb 26

A group of agriculture aficionados from both sides of the river have been getting together since the Young Agrarians Eastern Ontario Mixer. Maintenant, on aimerait que d'autres se joindre à eux! They are a fun friendly bunch who care about food and community, so don't be shy and come mingle! À bientôt on l'espère!

When: Feb 26, 6 pm

Where: West End Well Co-op, 929 Wellington Street West

9. EcoFarm Day 2015 in Cornwall – Feb 28

Canadian Organic Growers Ottawa-St Lawrence-Outaouais Chapter presents the 31st **Eco Farm Day**; in partnership with Organic Meadow and the Bauta Initiative on Seed Security.

The keynote address this year is '*Healthy Land, Healthy People, Healthy Profits: Using Holistic Management for Sustainable Agriculture*,' delivered by Tony McQuail.

When: Feb 28

Where: Ramada Inn, Cornwall, ON.

Registration includes a variety of workshops, trade show with over 50 booths and an organic buffet lunch featuring several local organic farm products.

For more information: visit ecofarmday.ca, leave a message at [613-244-4000x4](tel:613-244-4000x4) or email ecofarmday@cog.ca.

10. Seedy Saturday – March 7

Calling All Gardeners! Eager to get back into your garden?

This annual seed exchange and sale will feature an organic mini-market, garden talks and workshops, a swap table and organic snacks. While your gardens sleep under their blanket of snow, why not come out for a visit?

The **Community Gardening Network** will be there – drop by our table and learn more about the new regional seed bank initiative in the Ottawa region.

When: Saturday, March 7, 10am-3pm

Where: Ron Kolbus Lakeside Centre in Britannia Park, 102 Greenview Ave

Bus # 16 stops at the door

Cost: Free admission – free workshops

Workshop seating is limited, so come early!

11. See the Movie 'Symphony of the Soil' – March 19

National Farmer's Union-Ontario Local 362 presents **Symphony of the Soil**, a feature length film that explores the complexity and mystery of soil. Filmed on four continents, it shares the voices of some of the most highly esteemed soil scientists, farmers, and activists. The film portrays soil as a protagonist of our planetary story. In a skillful mix of art and science, soil is revealed to be a living organism, the foundation of life on earth.

Most people are soil-blind and “treat soil like dirt.” With the knowledge and wisdom revealed in this film we come to respect, even revere, this miraculous substance. The film inspires the understanding that treating the soil right can help solve some of our most pressing environmental problems including climate change, dead zones, water scarcity and world hunger.

When: Thursday, March 19, 6:30pm, doors open at 6pm

Where: Mayfair Theatre, 1074 Bank Street

Cost:

\$6 Mayfair Members

\$10 General Public

\$7 Seniors

\$5 Children

See the Trailer here:

<https://www.youtube.com/watch?v=K5QYZ-LRXW4>

<http://www.symphonyofthesoil.com/>

12. COG's Urban Organic Gardening Seminars – Spring 2015

Register early for these illustrative, informative Tuesday & Thursday seminars, which offer opportunities for hands on training, sharing, and Q&A. All seminars take place at **Ottawa City Hall** and are offered by **Canadian Organic Growers – Ottawa St Lawrence Outaouais Chapter**

April 14: *Basics of organic growing - Soil and Composting* - Instructors Pat Lucey & Eveline Lemieux, Colonel By Room

April 16: *Organic Seeds, Germination & Seed Saving* – Instructor Telsing Andrews, Colonel By Room

April 21: *Organic Container Veggie Gardening Part 1* – Instructor Rob Danforth, Colonel By Room

April 23: *Organic Edible Ornamentals including Edible Flowers & Herbs* – Instructor Telsing Andrews, Colonel By Room

April 28: *Organic Container Veggie Gardening Part 2* – Instructor Rob Danforth, Colonel By Room

April 30: *Organic In-ground Veggie Gardening* – Instructor David Hinks, Colonel By Room

May 5: *Designing an Organic Urban Garden to support Pollinators & Pest Eaters and Pest Deterrents* – Instructor Telsing Andrews, Richmond Room

Register for the affordable (half price) package of 7 seminars:

April 14 to May 5: \$70 for adults, \$60 for students and seniors.

Individual seminar fees are \$20 for adults, \$15 for students & seniors (advance registration or at the door as space permits).

Total package of all 8 seminars, including our Special Class for School Gardens: \$80 (half price). Special affordable half price package of 7 seminars (April 14 to May 5 classes): \$70 for adults, \$60 for students and seniors.

To register or for more information: visit: www.cog.ca/ottawa/organicgardening-seminars, e-mail cog.oso.chapter@cog.ca or call [613 244 4000 x2](tel:6132444000).

13. Walk or Run for Biodiversity – May 23-24

For the 7th year running **USC Canada's Run for Biodiversity** team will be going the distance as part of the Tamarack Ottawa Race Weekend (marathon, half marathon, 10km, 5km and 2km), May 23-24.

Our amazing team of R4B Runners and Walkers will be fundraising to support USC Canada's work with seed-saving farmers in Ethiopia. So why not join us?

All R4B-Ottawa runners and walkers who commit to raising at least \$100 will receive a specially-designed Run for Biodiversity t-shirt, as well as ongoing support to help them achieve their fundraising goal.

As a special thank you, USC Canada will refund the registration fees for all R4B-Ottawa fundraisers who raise \$250 or more!

Don't be disappointed - as races are selling out fast - so REGISTER TODAY.

For more information: Contact David at r4b@usc-canada.org for details

14. Greenhouse Incubator Farming Opportunity - Almonte

Up to 3000 sq ft Greenhouse space together with 4000 sq ft exterior space for organic production available for rent:

- Has been in continuous production since 2000.
- Greenhouses (2) are moved annually using the Eliot Coleman practice. They have been used primarily for off season salad green production and summer tomato, eggplant and pepper production.
- Irrigation facilities.
- Much equipment available for use and experienced owners live on site.
- In the Almonte area.

Please inquire - Julie and Stewart Yeaman - [613-256-2361](tel:613-256-2361), yeaman@bell.net

15. Algonquin College School of Hospitality Apprentice Cook Program

The *Algonquin College School of Hospitality* will be offering another **Apprentice Cook** program intake in September 2015. For more information: <http://www.algonquincollege.com/hospitalityandtourism/program/cook/>.

16. Looking for a job in the food/farming area?

Jobs, internships and volunteer positions with food nonprofits, farms, gardens, restaurants, businesses can be found on the foodwork.ca website and the local ones are cross-posted to the Just Food website here: <http://justfood.ca/get-involved/food-work-ottawa-region/>. *Work for healthy, local, sustainable food!*

CALENDAR of EVENTS

SUN	MON	TUES	WED	THU	FRI	SAT
Feb 1	2	3	4	5	6 GFM Rochester Towers	7 Seedy Saturday/ GFM at Michelle Heights / Nanny Goat Hill / Sandy Hill
8 CGDF Applications due	9	10 Herbal Tricks and Tips Workshop	11	12	13	14 Master Gardeners/ GFM at Michelle Heights
15 Master Gardeners Course	16	17	18	19	20	21 GFM at Michelle Heights / Nanny Goat Hill/ Epiphany
22	23	24	25	26 Young Agrarians	27	28 Eco Farm Day/ GFM at

						Michelle Heights
March 1	2	3	4	5	6	7 GFM at Michelle Heights / Sandy Hill
8	9	10	11	12	13	14 Master Gardeners/ GFM at Michelle Heights
15 Master Gardeners Course	16	17	18	19 Symphony of the Soil	20	21 GFM at Michelle Heights / Epiphany
22	23	24	25	26	27	28 GFM at Michelle Heights
29	30	31	April 1	2	3	4 GFM at Michelle Heights

Support our work:

Become a member of Just Food

Go to www.justfood.ca:

- to read the Mission and Values of Just Food.
- to read the Rights and Responsibilities of membership.
- to sign up as a member of Just Food

The annual membership fee is \$25, with a sliding scale (pay-what-you-can). You can pay on-line, or send a cheque to:

Just Food
2389 Pepin Court
Ottawa, ON
K2B 4Z3

Donate to Just Food

If you wish to contribute more and receive a charitable receipt, Just Food is working with Achillea Endeavours on our farm and education-related projects. Donations for this work should be made out to Achillea Endeavours and mailed to:

Achillea Endeavours
5519 Old Richmond Road

Ottawa, ON
K2R 1G4

Please indicate that the donation is for Achillea's work with Just Food and include your return mailing address for a charitable receipt. ***Thank you!***