

Dig This!

Summer 2018



Agri-Heros

Watch for this - Spring 2019

City of Greens is a three way partnership – Ryan Cullen, Jean Guy LaFlamme and landowner Barry Picov. Together they are planning a diverse farm enterprise. Using 'lean farm' design, permaculture principles and regenerative agriculture techniques the farm will grow to be a sustainable urban farm/eco-village.

It will produce fresh, healthy, safe, produce and food products; build relationships with a community of households, food clients and farm partners; create opportunities for new farmers through education and entrepreneurship; and change the paradigm around local food and farming in our region by being a model of a modern urban farm.



City of Greens

The farm is currently under construction at 380 Kingston Road and 33-301 Audley Road in Ajax – an ideal location. The first address will serve as the site for year one while the second will be developed as a long term base of operations. Production will start in the Spring of 2019, specializing in salad mixes, microgreens, baby root vegetables, and culinary herbs. Other products will include preserves, soups and condiments.

Of the 95 acres, 1-5 acres will initially be used for market garden production with plans to expand into fully integrated agroecological systems that use most of the 95 acres.

An added focus will be to educate consumers on where their food comes from, be transparent on how it is grown, and share these experiences in interactive and engaging ways.



When you vote...

...whether in municipal, provincial or federal elections, please think about food policies and ensure your candidate endorses and will implement the following:

1. ensure public sector purchasing of local food and farm products.
2. invest in food infrastructure and enterprises to achieve long-term rural goals
3. support new farmers through on-farm training programs and increased long-term access to farmland
4. support farmland preservation through controls on speculation in and commodification of farmland
5. incentivize and support sustainable farming practices
6. establish a universal school nutrition program
7. promote food literacy education for all students K-12
8. establish standards for accessibility as well as soil-testing in community gardens
9. ensure that social assistance rates includes the cost of nutritious food
10. ensure that people with chronic health issues have access to fresh food prescriptions

Congratulations!

DIG board member **Mary Anne Martin** successfully presented her dissertation in Canadian studies (studying the foodwork responsibilities of mothers living on low incomes and the support of community food programs, like community gardens). She was awarded her PhD at the Trent convocation, June 5th.

DIG chair **Mary Drummond** received a recognition of Achievement Award, from the Durham Environmental Advisory Committee.

Also receiving a similar award, was the **St. Andrews community garden in Ajax**.

Kudos to these scholarly, hard-working environment champions!



EVENTS

End of June to August

Lavender-Blu celebrates Lavender Blossom Days during the peak lavender blossom time.

June/July/August: Open every Friday, Saturday & Sunday 10-5 or by appointment.

www.lavender-blu.com

July 28

Join us for DIG's annual garden tour and poker run.

This year's tour will include lunch at Durham College -

W. Galen Weston Centre for Food (CFF). Opened in September 2013, the CFF

accommodates approximately 900 students studying in culinary, hospitality, tourism agriculture and horticulture programs and feature state-of-the-art labs, classrooms and research and meeting spaces. It offers a full-service green-certified teaching restaurant, open to the public.

August 11

The 8th annual Brock's Big Bite. MacLeod Park, Cannington. 10 am - 4 pm.

A festival of food and friends featuring the traditional 'long lunch' prepared by volunteer community chefs using fresh local foods.

www.BrocksBigBite.ca

Follow A Country Path to a less traveled, quieter way of life.

Meet the Pumpkin Farmer, Organic Beef Farmer, Country Herbalist, Local Potter, Miller by the pond, Cider Maker & a Wine Maker. Enjoy country hospitality at a B & B. Drive or cycle at your own pace. You never know where the path may lead when you make it your own!

Come and enjoy a wander down our Country Path.

www.acountrypath.com



GardenTip

Peserving your harvest

There are so many ways! And there are plenty of resources out there to help you.

Here are a few websites and books to check out.

Deydrating

www.learn.compactappliance.com/guide-to-dehydrating-food

www.weedemandreap.com/dehydrator-recipes

www.foodal.com/knowledge/things-that-preserve/11-tips-to-dehydrate-food

Freezing

www.foodnetwork.ca/kitchen-basics/blog/your-ultimate-guide-to-freezing-food

www.dish.allrecipes.com/how-to-freeze-fruits-and-vegetables

www.growveggies.net/harvesting_and_storing/freezing_vegetables_a_to_z

Canning



www.bernardin.ca/recipes/category/Vegetables/default.htm?Lang=EN-US&

www.organicauthority.com/5-simple-steps-to-canning-vegetables-safely-and-successfully

www.canada.ca/en/health-canada/services/general-food-safety-tips/home-canning-safety.html

Bernardin Complete **Book** of Home Preserving

Canadian Living The Compete Preserving **Book**

The All New Ball **Book** of Canning and Preserving

Storing

www.motherearthnews.com/real-food/root-cellar/stocking-the-root-cellar-zmaz90sozshe

www.growagoodlife.com/winter-food-storage/

www.bonnieplants.com/library/store-veggies-without-root-cellar

GardenTip

Looking for a way to use all that zucchini?



Cold Zucchini Soup

- 8 c. skinless zucchini cut into one inch cubes
- 5 c chicken broth
- 2 small onions, finely chopped
- 2 garlic cloves, finely chopped
- 2 tbsp olive oil
- 2 tbsp butter
- 1 tsp lemon juice
- 1 tbsp chives
- pinch basil and oregano
- to taste - salt and pepper

Salt and drain zucchini for 20 minutes then dry with paper towels.

In a large pot combine olive oil and butter; cook onions and garlic until soft. Add Zucchini and cook for 10 minutes until soft. Add chicken broth, lemon juice, chives, basil and oregano, and simmer for 15-20 minutes. Add salt and pepper to taste. Blend - a stick blender works well - until smooth.

Place soup in fridge to cool.

When serving, garnish each bowl of soup with a dollop of sour cream or yogurt.

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