

Fall Reflections 2017



Canadian Organic Growers
Cultivons Biologique Canada
Ottawa - St. Lawrence - Outaouais Chapter
Section d'Ottawa - Saint Laurent - Outaouais



Welcome!

COG OSO in 2017

Thanks to our volunteers!

The Steering Committee for 2018

Thanks to our supporters for coming today!

Urban agriculture panel discussion:

- **Backyard Edibles**
- **Capital Greens Urban Farm**
- **Hidden Harvest Ottawa**
- **Just Food**

COG's Mandate

“To lead local and national communities towards sustainable organic stewardship of land, food and fibre while respecting nature, upholding social justice and protecting natural resources.”

About COG OSO

- Local/regional chapter of national charitable organization
- Volunteer-driven
- Provide charitable services in the community, mostly education-based
 - Some free, some cost recovery, some fundraisers
 - ALL funds go to providing charitable services

Why Local Organic

- Support for local economy and rural communities
- Elimination of artificial inputs
- Certainty of GMO-free food
- Reduced greenhouse gas emissions
- Decreased water pollution, soil degradation and erosion
- Improved biodiversity and pollinator habitat
- Safer working conditions for farmers and farm labourers



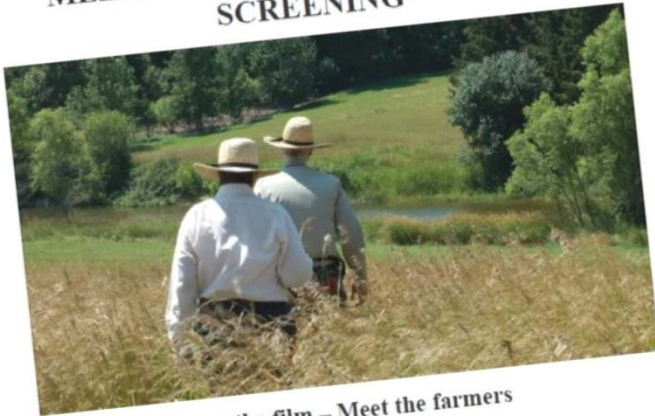
Activities & Accomplishments

- Now onto some of the great things we've done this year...

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MEETING PLACE ORGANIC FILM SCREENING



See the film – Meet the farmers

at COG OSO's AGM on Sunday November 13, 2016, 2-4pm
Hintonburg Community Centre, 1064 Wellington St W. Ottawa
Free admission, donations welcome.

Learn about COG OSO's activities supporting organic farmers and gardeners,
followed by a film about how one couple built a sustainable, organic and
ecologically diverse farm in a world bent on industrial agriculture and
monocropping.

Q&A with film stars Fran and Tony McQuail. Organic snacks.

More about the film at www.meetingplaceorganicfilm.com

The event is put on by the Ottawa-St. Lawrence-Outaouais Chapter of the
Canadian Organic Growers <http://cog.ca/ottawa/>



Eco Farm Day 2017

OTTAWA - ST LAWRENCE - OUTAOUAIS CHAPTER

KEYNOTE SPEAKER
MARK SHEPARD
AUTHOR OF RESTORATION
AGRICULTURE: REAL
WORLD PERMACULTURE
FOR FARMERS



COG
ECO FARM DAY

THE 3 Rs OF ORGANIC AGRICULTURE
RESTORATIVE | RESPONSIBLE | RESILIENT
FEBRUARY 25, 26, 2017 • 8:30 AM
RAMADA INN | 805 BROOKDALE, CORNWALL
FOR MORE INFO AND REGISTRATION VISIT: ECOFARMDAY.CA



Restoration Agriculture on YOUR Farm Workshop

- with Mark Shepard, New Forest Farm. Helped participants deepen their understanding of how to apply Restoration Agriculture concepts using their own farm as a case study

Introduction to Organic Certification Workshop

- with organic inspector Delia Elkin. For conventional and organic farmers alike, the workshop helped participants understand ways to transition to organic production and understand the organic certification process

Organic Gardening in the City: Annual Seminars

www.cog.ca/urban-organic-seminars/



7 seminars
5 presenters
33 participants

Farm Tours



**Greenwood
Organics**



This year Growing Up Organic (GUO) celebrates 10 years of working with schools in Ottawa to further food literacy and environmental education. In this time our program has connected over 6,000 students to gardens as experiential learning tools



In the last school year, we celebrated:

- The establishment of 7 new gardens.
- The delivery of over 130 hands-on workshops
- New partnerships to provide professional development, resources, and training
- 3 Farm field trips
- Active engagement and participation within the Ottawa School Food Network

Senior Organic Gardeners- SOG



SOG Garden Party / Recognition Event



Organic Gardeners Celebration

Come one! Come all!
Welcome – Bienvenue!

Organic Gardeners' Celebration 2017!

Sunday, July 16, 1:00-4:00 pm

Tours of the Organic Demo Garden

At the Experimental Farm beside the
Canada Agriculture Museum

Activities for kids

Chats with Organic Gardeners

PHOTOGRAPH OPPORTUNITIES

Music & Organic Lemonade



COG

Canadian Organic
Gardeners
Association

www.cog.ca/ottawa/organic-gardeners-celebration/



Feast of Fields

September 13
Ottawa City Hall
5:30 PM



Thank-you again
to our wonderful Chefs!



COG OSO on the road



Down to Earth & E-News



Canadian Organic Growers
Cultivons Biologique Canada
Ottawa – St. Lawrence – Outaouais Chapter
Section d'Ottawa – Saint-Laurent – Outaouais
web: www.cog.ca/ottawa
email: cog.oso.chapter@cog.ca

Down to Earth

FALL 2017



White Pearly Everlasting in the front bed. PHOTO: IAN DAVIDSON

Editor's Corner

Fall is the celebration of harvest and giving thanks. It is enjoying the beautiful colours that nature offers, reflecting on past seasons and planning next year's crops.

In this edition, we feature a Senior Organic Gardeners' celebration. We learn from Kayoki Whiteduck about his teas and why he follows organic production. The knowledgeable Rob Danforth shares his composting 101.

Enjoy the celebration of harvest, of collective gardening and of honouring the earth. Such benefit can come of working together, and overall, this edition is a celebration of community.

Let's rejoice in the season and happy reading!

Andrea Gartley

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Coming Soon!

The Communications team at COG OSO is working on a new way to bring you chapter updates, organic news, and all of the ideas and information you look forward to on growing and eating organically.

Look for a revamped *Down to Earth* in your inbox beginning early December.

If you have comments or suggestions, we would love to hear from you!

Stephanie Pelot

Communications Lead

stephanie.pelot.beland@gmail.com

Organic Success Project



2017
Steering Committee

Alissa Campbell

Caitlin Carrol

Dick Coote

Lloyd Strachan

Margaret Tourond Townson

David Townson

Gary Weinhold



Chapter Business

- **Financial Report**
- **Membership & Donations**
- **Election of 2018 Steering Committee Members**



Financial Summary

Current balance \$45,841.24

Allocated to Projects:

- **GUO \$18,100**
- **Farmer outreach \$10,000**
- **SOG \$740**

Discretionary funds \$17,000



Membership and Donations

**Membership in COG (cog.ca; Donate; Join)
\$25/year**

Includes online magazine (TCOG)

Printed magazine \$20.40/year includes mailing

No charitable tax receipt

Designated chapter gets \$15

Donations to COG (\$20 or more for receipt)

National (cog.ca; Donate; Donate)

Chapter (cog.ca/ottawa; Donate + Support)

Election of 2018 Steering Committee





Get involved!

- **Become a member!**
- **Join our mailing list**
- **Come out to our events**
- **Donate to help support COG's programs**
- **Volunteer with us!**

Thank you...

COG's key sponsors, contributors, staff, volunteers and Steering Committee members and to the Organizing Committee for today's event

A heartfelt thank you for coming to Fall Reflections 2017.