



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
tel. (613) 244-4000

Down to Earth

Editor's Corner

Hello to all organic garden enthusiasts! Summer is drawing to a close. It won't be long before we're layering our clothing and enjoying our favourite cool-weather comfort foods. For me, most of these dishes will include organic local produce. Of course we're not there yet (which is why this edition of DTE includes a classic pesto recipe). You'll also find important COG OSO updates – so keep reading!

Faithful DTE readers may have noticed that no newsletter was published last quarter. Unfortunately, we did not receive enough submissions to put out the June edition of DTE. Moving forward, we hope to receive many more stories about the great people that make up Ottawa's organic gardening community. I should also note that some of my fellow COG OSO volunteers have expressed a desire to retool the DTE format. We hope to send out an announcement to our subscribers when this happens, and we will post more information on the COG OSO website in the near future.

Happy harvesting,

Molly Davidson
mollycogoso@gmail.com

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Celebrate
organic
food, farming & products
in Canada

@OrganicWeek /OrganicWeek

ORGANICWEEK.CA

Across Canada September 19-27, 2015

DINE OUT across Ottawa this Organic Week
Support COG OSO by choosing
a special menu item at participating restaurants:



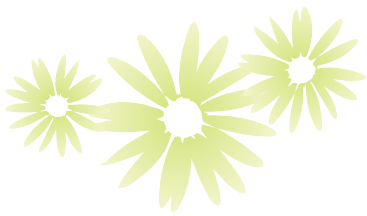
Presented by



Canadian Organic Growers
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Organic Week is supported by regional partners, and organized by Canadian Organic Growers, The Canada Organic Trade Association, and the Canadian Health Food Association.

For more info visit cog.ca/ottawa



August Steering Committee Report

Happy harvest season to all of our COG OSO members! Summer is a busy time for the steering committee, as many of us have farms and gardens to care for. The committee continues to meet during the summer, but we try to take things a bit easier. Nonetheless, we have managed to plan two farm tours, one of which was held in August. The other will be held in September. We also harvested organic garlic, which we had planted last fall using donated garlic. We will be selling it as a fundraiser at some of our upcoming events, so be sure to keep your eyes open for an opportunity to get some!

We have also been getting ready for Organic Week 2015, which is coming soon! This year's dates are September 19-27! Thanks to the dedicated work of volunteers Julia Dupuis and Amanda Wilson, we are hosting a fundraiser during Organic Week. Participating couldn't be easier. Just eat at one of the restaurants below and you'll be supporting local organic agriculture and COG OSO! The restaurants will donate 10% from a special menu item they will be preparing to COG OSO. Nothing could be easier, or more delicious!

- Fraser Café
- Mindful Cookery
- Play Food & Wine
- The Greendoor
- The Rowan
- West End Well



Celebrating Our 10th Anniversary

INVESTORS WANTED

- ✓ Strong Growth
- ✓ Solid Performance
- ✓ Stable Returns
- ✓ Community Leader

Call Tom Manley at 1-877-984-0480

www.homesteadorganics.ca

MARK YOUR CALENDAR!

Fall Reflections 2015

An exciting program is in the works for
Sunday, November 22, starting at 2:00 p.m.

Our new location is the
West End Well
969 Wellington St W, Ottawa, ON K1Y 2X7
With Parking nearby

Follow COG OSO E-News for more details!

LATE SUMMER 2015

COG Demonstration Garden

REPORT BY JIM DAVIDSON - COORDINATOR

This Spring, the greenery defining the north of our garden was reduced to three evergreen shrubs.

The replacement of this hedge has actually been good for the Canadian organic demonstration garden, as we have become more visible to people coming down from the upper beds. Those who gaze upwards will see our garden in the foreground.

Our Sunday group has met more than a few spontaneous volunteers at the garden; to retain them, we have decided to formalize our first contact with an immediate e-mail. This year, we've seen a couple of new volunteers come forward, and there has been steady participation by most members of our regular group. We have been able to accomplish quite a bit. There are some issues with rodents that may require us to rethink some of our plant varieties and wire off certain portions of the vegetable beds. These actions will require further thought.

We are going to try starting earlier on Sundays, at 9 a.m. However, we will be maintaining the core shift of 10 a.m. to noon. The early start will offer workers respite from the extreme summer heat and harsh sun. As fall arrives, heat will not be an issue. Please enjoy the autumn colours, and may your harvests be bountiful, tasty and nutritious.

Jim Davidson
Garden Coordinator
Email dr241@ncf.ca

Homestead Organics adds a flour mill to its growing organic business



Mountain Path Ribbon Cutting



Tom with flour sample

Note: This item was initially intended the June edition of DTE.

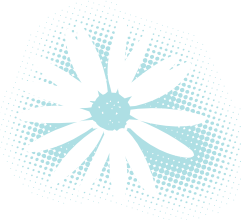
MORRISBURG — “The organic food sector is booming,” said Tom Manley of Homestead Organics. Manley celebrated the official opening of an organic flour mill on May 27 at Homestead’s new Morrisburg location. After the retirement of Mountain Path’s founder Robert Hogg, Paul Gorman of Signature Foods (in Ottawa) bought the Mountain Path name and retail business. But it was also necessary to find a new home for the mill. The flour mill is the latest addition as Homestead Organics gradually moves from its crowded Berwick operation to its large Morrisburg building. The flour it produces will all be marketed through Signature Foods under the Mountain Path name.

The mill produces a quarter-ton of flour an hour, which means it has a modest capacity compared to

commercial mills; however, it produces stone-ground organic flour. Started in 1983, the mill still uses its original 30-inch grinding stones. Whole grains are ground in the mill, preserving the vital germ found within the kernel. The nutrient is then evenly distributed throughout the flour in order to prevent rancidity.

These whole-grain flours are double milled to reduce the size of the bran particles and ensure a consistently-fine product from which nothing has been removed. Since no essential nutrients are removed, there is no need to “enrich” the flour, and of course, there are no additives.

Tom Manley was chair of COG OSO (formerly COG Ottawa) for a number of years and until recently coordinated COG OSO’s annual Eco Farm Day event in Cornwall. Both he and Robert Hogg have been strong supporters of COG and organics generally in Eastern Ontario.



THANK YOU TO JOHANNA CORNELISSEN

Johanna has served as coordinator of volunteers for the past couple of years. She has worked hard to find volunteers for COG OSO, and to recognize their many efforts! As Johanna relocates to the Toronto area, COG OSO sends a heartfelt “thank you” her way. Best wishes, Johanna!

NEW COORDINATOR OF VOLUNTEERS COMES ON BOARD AT COG OSO!

Cory Fournier has just stepped up as coordinator of volunteers. He comes to us with experience in this area not to mention lots of positive energy. Welcome, Cory! Contact Cory at: cogoso.volunteer.cf@gmail.com

Volunteers Corner COG OSO

At COG OSO, we are always thrilled to welcome new volunteers. There are a lot of different activities for you to help out with – check out the programs and events sections of our website www.cog.ca/ottawa/ for ideas. Our new coordinator of volunteers can match you up with the right activity for your schedule and level of energy. His name is Cory, and he’s easy to reach by email: cogoso.volunteer.cf@gmail.com

Are you looking for something that only asks a few hours of your time each week or month? Perhaps you have time in the fall or winter, but not during the rest of the year. Are you motivated to take on a leadership role, or would you prefer pitching in as part of a group?

As our programs continue to expand, our need for enthusiastic volunteers continues to grow. Our Growing Up Organic and Senior Organic Gardeners programs are terrific groups for volunteers with expertise in gardening and experience

working with children or seniors. Our COG On the Road information booth always needs volunteers, as does our Demonstration Garden at the Experimental Farm.

Becoming a volunteer involves a few steps:

- Send an email to our Coordinator of Volunteers, Cory Fournier at cogoso.volunteer.cf@gmail.com
- If you signed up for the COG OSO Booth, await a contact from Cory.
- You’ll receive the Backgrounder about COG OSO from Cory
- Please fill out the application form that Cory sends you
- Take part in a telephone or in-person interview with Cory and provide two references when requested
- For some roles at COG OSO, we ask that you to provide us with a police reference check for which we can provide you a letter to ensure there is no charge.
- Take part in the orientation (including Awareness for working with the Disabled) with Cory, then work with the leader in the area you will be entering.
- Keep in touch with our coordinator of volunteers from time to time

BECOME A VOLUNTEER WITH COG OSO!

Welcome aboard

Current Volunteer Opportunity at COG OSO:

• Promo Team Volunteers

COG OSO is actively looking for Volunteers to join our promo team. This is a fun job. Put up posters in and around your area, send emails to e-networks, post short ads on websites, spread the word on social media, and more. For more details and to arrange an interview, please contact Cory at cogoso.volunteer.cf@gmail.com

SOG Report Spring-Fall 2015

Gardens were planned and planted in the Ottawa area at the following Ottawa community housing locations: Brooke Towers, Russell Manor, and 800 St Laurent. Wellington Towers is on hiatus this year, but we hope to continue on there in 2016. New to SOG this year is St Patrick’s Long Term Care Home. We were not able to plant at the Perley & Rideau due to various obstacles, including lock-downs due to illness outbreaks. New in 2015, SOG began working in the Outaouais at The Wakefield Manor and Sully. The enthusiasm of the seniors for gardening has been rewarded with great results!

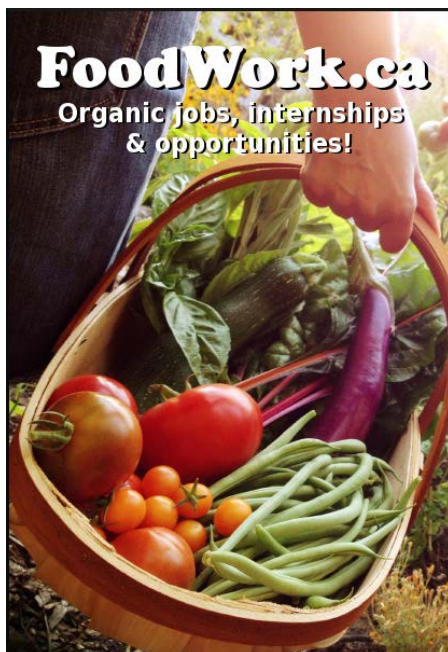
Funding for SOG has been tenuous throughout the season due to the loss of important grants we had applied for. But we are grateful to a number of local sponsors and donors for picking up the slack. Currently, we have funding to the end of September. We have been able to begin work in the Outaouais through a fruitful partnership with the Quebec Farmers’ Association, which received a grant in the *Pacte rural* program funded by the Quebec Ministry of Municipal Affairs, Regions and Land Occupancy.

As we write, the harvest season is upon us and everyone is enjoying the fruits of their labours. We will be celebrating and inviting feedback from the gardeners, as well as from administration and our faithful volunteers.

SOG is having its web pages translated, and we hope to have them posted by the end of September. We are so thankful to have found a volunteer professional translator. Lyn has done a magnificent job, and she is working on the final page as we write! Getting permission from all who are in our photographs is another time-consuming task, but we’re early there!

We will be forming an advisory group to support SOG, and we will need people with financial, local fundraising, human resources, volunteer management, and communications expertise. If you have recently retired from one of these fields, might you consider donating a few hours each month to this worthwhile activity?

It’s hard to believe that SOG is in its fourth year of operation. We hope to have an evaluation of the program so that we can bring about changes that will enhance the sustainability of the program. It is currently a brilliant program led by Adele McKay, but we are keen to consult with our community to ensure its future!





ORGANIC MASTER GARDENER COURSE

October to November 2015 – Ottawa, ON

Learn to create healthy food and ornamental gardens without pesticides and harmful chemicals!

Oct. 17-18, Nov. 7-8, Nov. 28-29
Saturday & Sunday, from 10 am to 4 pm

COG National Office
The Royal Ottawa Hospital
1064 Wellington W, Ottawa

\$670+HST Early Bird Price (until September 25th, 2015)
\$720+HST Regular Price

Space is Limited, Register Soon!

For more info and to register:
1-888-375-7383 or visit
www.cog.ca/news_events/OMG/

Ottawa Organic Master Gardener Course

Saturdays and Sundays: October 17-18, November 7-8, and November 28-29

COG National Office, 1145 Carling Ave., Ottawa

Early bird deadline September 27 – Registration deadline October 9

For more info visit www.cog.ca or e-mail office@cog.ca

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Growing Up
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Letter to the Editor

ENTHUSIASM FOR ORGANIC GARDENING AND DTE

I wanted to write and let the volunteers at *Down To Earth* know that I enjoy reading my e-newsletter as it comes to my inbox. I often cannot attend all of the events that you announce each issue, but I like to keep up with what is happening in our part of the country. I have gardened organically in our backyard city garden for 30 years, and have appreciated all the help and tips you have offered over all those years. Please know that your audience appreciates your hard work!

Sincerely
Rita Moore

Basil Pesto

This is the best time of year to make pesto, as basil is growing like crazy. I have made pesto many different ways, including using walnuts instead of pine nuts, and spinach instead of basil, but this is the classic version, and it's foolproof. Once it's prepared, I scoop the pesto in ice cube trays and freeze it into small chunks for later use. This recipe is taken from one of my favourite food blogs: www.closetcooking.com.

Prep Time: 10 minutes / Total Time: 10 minutes
Servings: 16 (~1 cup or 16-1 Tbsp servings)
A fresh, light and summery homemade basil pesto!

INGREDIENTS

1 cup basil, packed
1 clove garlic
2 tablespoons pine nuts, toasted
1/4 cup parmigiano-reggiano, grated
3 tablespoons olive oil
1 tablespoon lemon juice
salt and pepper to taste

DIRECTIONS

Place everything into a food processor and blend.

Recipe provided by Sara Holzman

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Ottawa St Lawrence Outaouais Chapter

Editor-in-Chief Molly Davidson
cog.oso.chapter@cog.ca

Ads Coordination Molly Davidson

Co-Chair Stephanie Lane

Contributors Margaret Tourond-Townsend, Adele McKay, Sara Holzman, Jim Davidson, Lloyd Strachan

Layout Stephanie Pelot
www.pentafolio.com

Deadline for next *Down to Earth*: **December 1, 2015**. Submit articles to the Editor.

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613 244 4000
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debbie holzman

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