



Canadian Organic Growers  
Cultivons Biologique Canada  
Ottawa - St. Lawrence - Outaouais Chapter  
Section d'Ottawa - Saint Laurent - Outaouais  
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FALL 2014

# Down to Earth

**FEAST OF FIELDS - Original Organic Culinary Celebration in the Ottawa-Gatineau Area**  
Sunday Sept 21 12:30PM to 3:30PM - Moulin Wakefield Mill

## Editor's Corner

Summer is winding down, and it won't be long before cooler weather is upon us. While packing away the shorts and bathing suit is always slightly sad, there are plenty of reasons to get excited about the approach of autumn. This is a great season for festivities in Ottawa, and COG OSO is presenting an event no organic-food enthusiast will want to miss. Be sure you're free on September 21 for Feast of Fields; this year's fun will take place at the beautiful Moulin Wakefield Mill! For more information, read the event ad on this page.

I hope you will delve into and enjoy this edition of Down to Earth. Highlights include the inspiring story of a community greenhouse in Iqaluit (written by Enews volunteer Sara Holzman) and an update on the COG demonstration garden (courtesy of the garden's coordinator, Jim Davidson). As always, these pages also contain the latest information on wonderful COG OSO programs, such as Senior Organic Gardeners and Growing Up Organic. Read on to discover what's happening in your organic gardening community.

I hope you all enjoy the fall harvest!

Molly Davidson  
[mollycogoso@gmail.com](mailto:mollycogoso@gmail.com)



**THE ORIGINAL ORGANIC CULINARY CELEBRATION IN THE OTTAWA-GATINEAU AREA**

**SUNDAY, SEPTEMBER 21, 2014**  
**12:30 PM – 3:30 PM**

HOSTING PARTNER:



Moulin  
Wakefield  
Mill

Talented chefs join forces with local organic producers to create culinary surprises to delight your taste buds' imagination. Come celebrate all things organic. Enjoy pairings with wine and beer while chatting with producers and chefs. Come stroll through the forest and enjoy live music in the beautiful Gatineau Park. A great way to celebrate a Sunday in September.

Fundraiser in support of Growing Up Organic in our schools, bringing organic gardening to schoolyards and students to organic farms and Senior Organic Gardeners in our community, bringing joy to seniors and to their families.



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**FEASTOFFIELDS.CA**

## CALLING VOLUNTEERS

### ECO FARM DAY ORGANIZATION TEAM 2015

The Eco Farm Day Organizing Team needs volunteers for Eco Farm Day, which is planned for February 21.

Many hands make light work and organizing Eco Farm Day involves many important tasks like finding speakers, workshop presenters, sponsors, facilities, lunch, registration and more...

If you have ever participated in Eco Farm Day and benefited from the experience, please consider volunteering to help with the organization of this one-day conference – the only conference for organic farmers and producers in Eastern Ontario and Western Quebec.

Please contact Coordinator of volunteers, Johanna at [cogoso.volunteers.jc@gmail.com](mailto:cogoso.volunteers.jc@gmail.com) and cc Gary Weinhold at [weinhold\\_g@yahoo.ca](mailto:weinhold_g@yahoo.ca)

## COG OSO Steering Committee Report

September 1, 2014

Your Steering Committee has been active throughout the summer months with our regular monthly meetings on the fourth Tuesday of each month. You are welcome to attend and participate. Please let us know if you are interested so we can answer the bell. Call (613) 244-4000 Extension 2 or e-mail: [cog.oso.chapter@cog.ca](mailto:cog.oso.chapter@cog.ca)

**Feast of Fields** has been an important area of focus. The committee has been working with Joan Cullens and Kim McWaters from the Ottawa Wine and Food Show to launch a new brand of Feast of Fields to be held for the first time in the Outaouais, at The Mill in Wakefield.

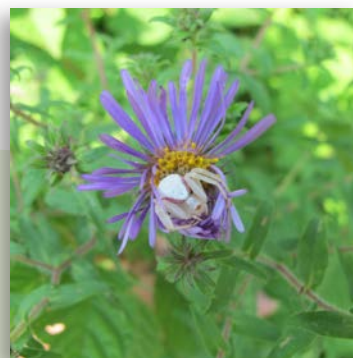
We welcomed **Marley Lewington** to the Steering Committee, heading up our Communications initiatives. She is already hard at work, presenting us with a communications plan that we have begun to implement.

The **Save Growing Up Organic Campaign** occupied a lot of time as we searched for ways to raise \$25,000 to fund the program in schools until June 2015. There is an update on this campaign elsewhere in *Down to Earth*.

Planning for **Fall Reflections** continued over the summer. Rick Smith, co-author of TOXIN TOXOUT, has agreed to be our keynote speaker on Sunday, November 30, with more information elsewhere in *Down to Earth*. His topic is "The Impact of Pesticides (& toxic chemicals) on Health – Yours and the Planet" promises to be a Hot Topic. Don't miss it! [www.cog.ca/ottawa/](http://www.cog.ca/ottawa/)

It was with regret that we received the resignation from the Steering Committee of our Emeritus Chair, **Susan Preston**. COG OSO has now moved to a shared-leadership governance model with co-chairs, involving one co-chair to oversee the vision and the future of the chapter, a Rotating Chair from among the members, as well as a Meeting Chair responsible for the agendas and chairing the meetings. **Stephanie Lane** volunteered to be Meeting Chair, **Margaret Townson** volunteered to be Interim Co-Chair until the AGM, and Dick Coote volunteered to be Rotating Chair for July and August. We are carrying out a gap analysis for the many jobs that need to be done and continue searching for interested volunteers to attend a couple of meetings to assess joining the Steering Committee. We will soon have access to the Internet for our meetings at Oxfam House so that members can benefit from Go To Meetings from a distance.

We held a **summer barbecue** for the Steering Committee members, our Growing Up Organic and SOG staff, and lead volunteers and used that opportunity to show our grateful recognition of Susan's major contributions to COG OSO.



Seasonal Photograph  
by Telsing Andrews



# Fall Reflections

by Canadian Organic Growers  
Ottawa St. Lawrence Outaouais Chapter  
(COG OSO)

**Sunday, November 30, 2014**  
**Doors open at 1:00 pm**

**Location:**  
**Watch our website for information**

Rick Smith will talk about his research and personal experiences followed by Q&A, networking, organic snacks, and a chance to meet Rick

Reconvene for our AGM: "Bird's Eye View of COG OSO's 2014" and presentation of Steering Committee slate of officers for 2015

[www.cog.ca/ottawa/](http://www.cog.ca/ottawa/)  
Email [cog.oso.chapter@cog.ca](mailto:cog.oso.chapter@cog.ca)  
613 244-4000 ext. 2

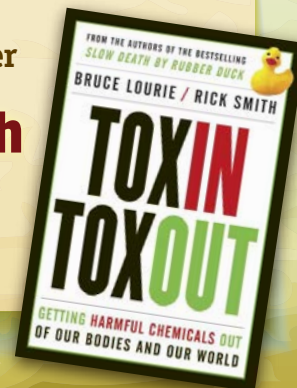


## The Impact of Pesticides on Health – Ours and the Planet's

Keynote Speaker

**Rick Smith**

Co-author of  
*Toxin Toxout*





Sue and Adèle at Longfields SOG

## Senior Organic Gardeners September News

adèle mckay and margaret townson

A photograph is worth a thousand words, so we are offering you a selection of photographs from our summer work in nine locations in Ottawa: Ottawa Community Housing (OCH) locations (Brooke Towers, Regina Towers, Russell Manor, Wellington Towers, 800 St Laurent) as well as Good Companions, Longfields Manor, The Perley & Rideau Veterans' Health Centre and Unitarian House.

Various organic gardening celebrations are taking place at most SOG locations around the city, including residents of OCH giving talks about "Gardens Around the World" (for example, Cambodia, Lebanon, Guatemala, Panama, and Egypt), using professional interpreters as needed.

A number of workshop topics were covered such as: pests and diseases of tomatoes and zucchini and how to address them with botanical intervention, herbal medicine, the making of floral and herb bouquets, a presentation of good soil mixtures, recognition of certain weeds, removing of side suckers in tomato plants and recognizing aphids on tomatoes, and lots more incidental learning.

A SOG Garden Tour took place on Sunday, August 10, with guests visiting the gardens at Regina Towers and Brook Towers guided by the senior gardeners and attended also by residents who were so proud of the beauty and the bounty of their gardens.

SOG is currently working hard at lining up funding for 2015, securing grants from various foundations and most importantly setting up a SOG Donors' Circle of annual donors contributing \$50 for 5 years. The key is to find at least 500 donors to offer sustainability to the Senior Organic Gardeners! If you are interested, please get in touch with us at [cog.oso.chapter@cog.ca](mailto:cog.oso.chapter@cog.ca) or call (613) 244-4000 Extension 2.

The joy that SOG gardens have brought to a large number of seniors is beautiful to behold! Thanks to so many individual and corporate supporters and to those who are coming out to Feast of Fields on Sunday, September 21, which fundraises for SOG and Growing Up Organic!

Planting  
containers



Rosa cutting cake,  
800 St. Laurent



Patrick and Margot at Brooke Towers

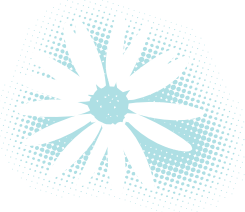


Baklava at 800 St Laurent... mmm



Gardens of the World Lebanon and  
Ethiopia OCH 800 St. Laurent





*Guy guiding SOG Garden Tour Regina Towers*



*Adèle leading planting at OCH 800 St. Laurent Apartments*

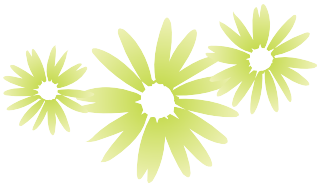


*Olga in potato patch*



*SOG Garden Tour at Brooke Towers*





## Basic Organic Processing Inspection Training Offered in Toronto/Mississauga, ON, November 2014

THE CANADIAN ORGANIC GROWERS (COG) and the International Organic Inspectors Association (IOIA) are hosting Basic Organic Processing Inspection Training in Toronto/Mississauga, Ontario from November 10–14, 2014. The deadline to apply is September 26th.

This course provides comprehensive training on the Canadian Organic Standards with four days of instruction, including a field trip to a certified organic operation and a half-day for testing. This training is for people looking to become organic verification officers, operators and managers at organic food processing facilities, and others such as certification agency staff, regulators, industry consultants, and educators.

Students will learn about processing facility inspections, applicable organic certification processing/handling standards, regulatory requirements, audit control, HACCP/Organic Control Points, structural pest management, sanitation, ingredients, labeling, inspection report writing, communication skills, and inspector protocols.

The course fee is \$1750 + HST, which includes the cost of instruction, the course manual, field trips, as well as daily breakfast, snacks & lunch. The course will be held at the Radisson Suite Hotel Toronto Airport.

For application forms and more information, please visit: [http://www.cog.ca/news\\_events/inspector/](http://www.cog.ca/news_events/inspector/) or you can contact Ashley St. Hilaire at COG: E-mail [ashley@cog.ca](mailto:ashley@cog.ca); Phone: 1-888-375-7383 or Fax: 613-236-0743.

Canadian Organic Growers (COG) – Canada's National Organic Charity: [www.cog.ca](http://www.cog.ca)

International Organic Inspectors Association (IOIA) – [www.ioia.net/](http://www.ioia.net/)



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*Celebrating Our 10th Anniversary*

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[www.homesteadorganics.ca](http://www.homesteadorganics.ca)

## COG Demonstration Garden Late Summer 2014

REPORT BY JIM DAVIDSON - COORDINATOR

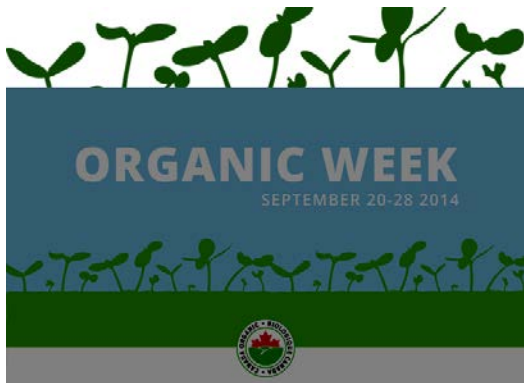
The Canadian Organic Demonstration Garden had a good year, and there is every indication that it will continue to surprise and gratify not only the garden's volunteers, but also its visitors. We have strived for a pretty garden with an edible component to it. Through Telsing's efforts, we placed a series of edible flowers in the central bed, and the results have been spectacular. They complemented all the vegetables in the new raised beds and helped highlight the newly-established cherry tree planted by Hidden Harvest. With an eye to the past and a nod to the future, a Labour Day weekend good omen was a long-awaited Monarch butterfly sighting in our Bees and Butterfly bed, followed by another sighting the next day, first spotted by one of our guests. That same day some young children shared the fascination of a Cicada bug. As their Grandfather explained the life-cycle, I heard one of the youngsters exclaim she was going to go get her ant. I wondered out loud, "you have an ant...?" Laughingly, the Mother explained to me, "not that kind of ant... the other kind of Aunt."

One visitor recently mentioned how lucky we were to have a small respite from the latest news stories. We socialize and meet people who share concerns through all manner of topics, but mainly focusing on sustainability, and the diversity of plants and crawling and flying things. By offering a bit of beauty alongside the compost and fruit and vegetable tips, we hope to draw visitors. Those who come from far away recognize in some of our plants certain traits that match theirs in California, England, or New Zealand.

One does not have to look too far to learn something every week. Within our own group, just when there is worry about how much watering is needed, a volunteer will suggest that actually it can be easily managed through plant selection and better soil practices. This year we have been looking outward. When we look at a garden elsewhere, we see a rooftop and then set our sights on a roof near our garden that could feed a rain-barrel if necessary. We see ways to display plant labels and instructions for the compost bins when we look at how other installations have done their work. This year we changed our apple tree pruning based on the latest Government recommendations.

May I offer a warm welcome to all who might get a chance to visit us. We are to the right of the pay-to-park lot just below the Canadian Agriculture and Food Museum. We are always there Sundays from 10:00 am to noon.

Jim Davidson, Coordinator, e-mail [dr241@ncf.ca](mailto:dr241@ncf.ca)



<http://organicweek.ca/>

*Canada's National Organic Week is the largest annual celebration of organic food, farming and products across the country. Canadian Organic Growers is a major promoter of this event.*

Last year, events included anything from pickling workshops to recipes contests, farm tours, or organic food and drink tastings in retail locations across the country. Every school, retailer, chef, organic grower or advocate is encouraged to get involved. To get involved in Organic Week search the events page on the Organic Week website or plan an event in your community.

Some ideas for local activities include:

- Open up your organic farm or garden to the community and offer guided tours.
- Share your organic growing experience with a local school or community group
- Team up with a local organic retailer to provide an educational event
- Hold an organic potluck picnic for your community
- Offer a canning or preservation workshop for eating organic year-round
- Organize a film showing on an organic-related topic (see website for a list)
- Ask how your health food store and favourite restaurants are celebrating Organic Week.

Register your event with the COG National [office@cog.ca] by September 15th and we will help you promote your event by listing it on our interactive events map for free!

Inspiration poster for producers and communities in both English and French are available for free download at <http://organicweek.ca/>

Follow the Organic Week wave on social media and spread the word!

<https://www.facebook.com/organicweek>

<https://twitter.com/OrganicWeek>

<http://instagram.com/organicweek>



Seasonal Photograph  
by Telsing Andrews

## Save Growing Up Organic Campaign

### Update from COG OSO Steering Committee

Our thanks to all who have donated to the Save Growing Up Organic Campaign aiming to raise \$25,000. Your generosity is very much appreciated. We received just under \$3500...

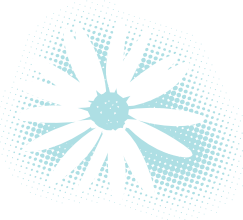
Hey, we're only missing ONE ZERO! Would anyone care to add a zero? Now that would be AWESOME!

To donate online: please visit our website at [www.cog.ca/ottawa/support-our-programs/support/](http://www.cog.ca/ottawa/support-our-programs/support/)

To donate by mail: please send a cheque to the address below, designating "For Growing Up Organic" in the memo line: Canadian Organic Growers 7519-1145 Carling Ave Ottawa, ON K1Z 7K4

To donate by phone: please call this toll free number and tell them it is for "Growing Up Organic": 1-888-375-7383





## OrganicInputs.ca Becomes The Main National List Of Approved Inputs

GUELPH, ONTARIO, AUGUST 6, 2014: In the spring of 2014, the Atlantic Canadian Organic Regional Network (ACORN) and the Pacific Agricultural Certification Society (PACS) agreed to support OrganicInputs.ca as the primary national inputs directory (replacing their own inputs lists). An ACORN staff member said, “[s]upporting this national tool makes sense. Having a unified directory of approved inputs for organic production saves valuable time and ensures that the information stays current and relevant to the needs of the site users.” The following comment came from the PACS Certification Committee: “[w]e get lots of enquiries from manufacturers interested in listing their products and we have referred all of them to OrganicInputs.ca for a long time now. We really like the website and find it easy to use.” All of the products in the OrganicInputs.ca directory are either approved for use or have been found compliant according to the Canadian organic standard by an Organic Certification Body or the Organic Materials Review Institute (OMRI).

The directory is more than just a list of products; it is an educational tool. Using our search bar, organic producers and gardeners can find solutions to a large range of production challenges. With over 700 products in the directory, including soil amendments and pest management products

as well as cleaners and sanitizers, our site visitors has a great selection of products to choose from. To streamline their search, users can type in their postal codes to find suppliers within their vicinity. All of the products in the OrganicInputs.ca directory are either approved for use or have been found compliant according to the Canadian organic standard.

“Producers are exuberant about this service, which comes as no surprise since we knew that in the Quebec regulatory system, their list of brand name products was the most widely consulted document. New producers especially, need to find out what products they can use and go straight to this user-friendly website to search for

products.”— Ted Zettel, President, Organic Federation of Canada

The Organic Federation of Canada brings together all the key players in Canada’s organic industry to ensure excellent standards and regulations and to support the scientific research necessary for the growth of the Canadian organic sector.

Peppersoft Inc. is a software company that brings the benefits of technology to the organic agricultural sector. They help organic farmers, processors, distributors, retailers, and industry organizations eliminate business challenges using innovative software solutions. For more information, please contact Andrea Munk, at 1-855-646-7887 or [andrea@organicinputs.ca](mailto:andrea@organicinputs.ca).



## Green Homes Showcase Opens the Doors of Ottawa’s Most Sustainable Homes

ON SEPTEMBER 27, anyone interested in green building renovations or sustainable design is invited to tour some of our community’s most inspiring and sustainable homes as part of the Green Homes Showcase.

The tour will showcase several homes across the city. Come see how green renovations have led to improved comfort and substantial energy savings and efficiency, while adding value and durability to these homes.

To get from home to home, and in keeping with sustainable transportation, there will be various options for getting around:

- guided bike tour, 9:00 am – 12:30 pm, around 6 homes in the Westboro neighbourhood (don’t have a bike but still want to do the tour with us? Rent one from the RightBike MEC location!)
- self-guided walking tour, 9:00 am – 12:30 pm, includes 6 homes in the Westboro neighbourhood
- guided car sharing tour, 1:00 pm – 4:30 pm, around 5 homes in the Ottawa area (don’t have a car but still want to see the homes? VRTUCAR has provided us with cars to drive you around!)
- self-guided car tour, 1:00 pm – 4:30 pm, includes 5 homes in the Ottawa area

During the tour, participants will meet and get the chance to talk to prominent local green renovators, contractors, suppliers, homeowners, and other green sector professionals. These professionals will display and discuss their sustainable work and wares; they’ll provide technical expertise and answer participants’ questions about their own projects. A certified EnviroCentre energy advisor will also be on hand to offer comparisons between homes visited and provide expert advice on green renovation options.

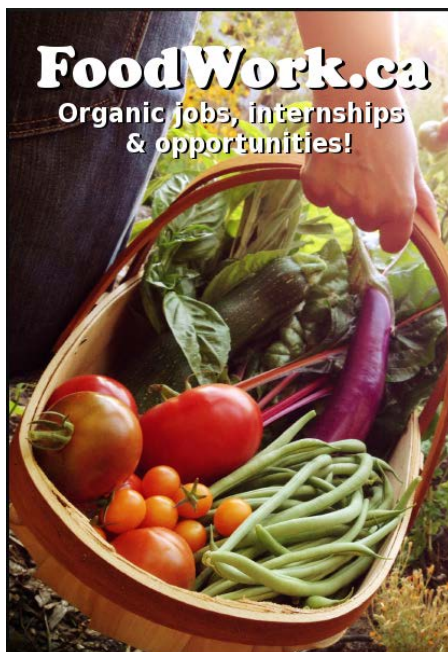
Some of the home highlights include solar heated pools and domestic hot water, microFIT installations, geothermal, sustainable flooring and cabinets, solar blinds and screens, passive solar design, fibreglass windows, LED lighting, and much more.

The Green Home Reno Tour is for people who are:

- planning renovations;
- considering buying a house;
- looking for ways to increase the resale value of their home;
- curious about the benefits of green, energy-saving upgrades; and
- contractors involved in, or considering, sustainable renovation practices

The event is part of the Building Greener Futures Together initiative, and is the result of a collaboration with the Social Planning Council of Ottawa, with sustainable transportation help from RightBike and VRTUCAR. Sign up now at: <http://www.envirocentre.ca/energy/tenants-homeowners/green-renovations/>;

For more information, please contact: Carol Burnup, Senior Communications Specialist, 613-656-0100, ext. 130, [carol.burnup@envirocentre.ca](mailto:carol.burnup@envirocentre.ca)





I was born with a green thumb. Even as a little girl I helped my mom with her backyard garden. I had the opportunity, back in 2006, to turn my interest in gardening and growing food into a summer job as the COG OSO summer student. Working in the Demonstration Garden and helping with Feast of Fields further instilled my passion for local food. When I moved to Iqaluit in 2007, I didn't expect to be able to continue volunteering and enjoying this type of work. Luckily, I quickly learned about the Iqaluit Community Greenhouse and have been involved ever since.

The greenhouse fills more than just my need for getting my hands dirty and enjoying (BEAUTIFUL!) fresh produce all summer long. It's more than just the "southern love" for harvesting fresh salad greens and then, the same night, sharing them with friends at a harvest dinner. It's also a chance to interact with and inform the public of the importance of self-reliance, and to slowly increase food security in Iqaluit, one lettuce leaf at a time.

The Society was formed in 2001 by a group of dedicated Iqaluit citizens who wanted to improve food security by researching agriculture in the North and providing local produce to community members. After significant fund-raising and grant-writing, the Society constructed a prefabricated greenhouse in 2006.

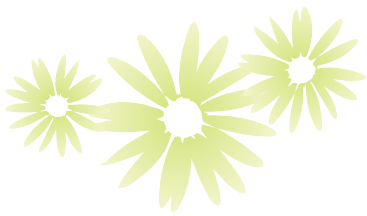
Up until the 2013 season, the greenhouse operated on a plot basis, where people bought memberships and had individual plots to grow whatever they wanted. After noticing waste from produce that never got picked and choosing crops that didn't grow well, we switched to a community-based model, thinking we could maximize our yield while creating a stronger community atmosphere.

Fast forward to today, when we are in the second year of growing communally. Together, we decide what to grow (based on previous success and interest), maintain the plots, and share the harvest. It's very similar to a Community Supported Agriculture model from down south. The Greenhouse saw record yields last year as a result of using this model, and we also felt more like a community, working and harvesting together. Let's face it, it's way more fun to weed together than on your own! Also, besides receiving shares themselves, the members donate one share of the harvest to local community groups such as the Iqaluit Soup Kitchen and various shelters in town.

So what can you grow in the Arctic? Our greenhouse has had its best luck with faster-growing veggies like salad greens (lettuce, spinach, arugula, kale, and swiss chard), peas, beans, carrots, and herbs. In addition to our gardens, we always have a research component to the greenhouse. The research involves experimenting with different varieties of veggies, different planting methods, and indoor versus outdoor planting (for the past few years, we have successfully grown potatoes and daikon radishes outside in bins). The Greenhouse also has a composting research program; we are working towards being able to create our own soil instead of having to bring up soil from the south, which is both expensive and unsustainable!

If you're ever passing through Iqaluit, feel free to drop us a line. Or, if you think what we're doing is really amazing, then you can make a donation by visiting our website, [www.iqaluitgreenhouse.com](http://www.iqaluitgreenhouse.com). Your generous contributions help us cover our operational costs and give us the means to expand.





Seasonal Photograph  
by Telsing Andrews



## CALENDAR OF UPCOMING COG-OSO EVENTS

September 20-28, 2014:  
**Organic Week** in Canada

Sunday, September 21:  
**Feast of Fields**  
[www.feastoffields.ca](http://www.feastoffields.ca) for information

Sunday, November 30, 2014:  
**Fall Reflections** with Keynote Speaker Rick Smith  
The Impact of Pesticides on Health- Ours and the Planet

Saturday, February 21, 2015:  
**Eco Farm Day**

Thursday, April 9, 2015:  
**Organic Gardening Seminars** begin

Watch for more news: [www.cog.ca/ottawa/](http://www.cog.ca/ottawa/)

## Production Company Looking for Eastern Farmers to Participate in a Documentary

A production company is looking for Canadian case studies using “wild farming” methods (i.e. farms that practice farming with the wild, farms that open their doors to wildlife, farmers who accept or at deal with the cohabitation of their domestic animals and wild predators or other wild species in a wildlife-friendly way). Examples would be wild birds making their nest in the middle of a pasture land where livestock are grazing, creating a bird-friendly environment to attract the species of birds that feed on insects that harass livestock, or having guard dogs ward off coyotes or bobcats, hence protecting the flock. Does this sound familiar to you? If so, they would love to find out more about how you or others in your network may be involved in these practices. For more information about the project, contact Lucy Fauveau at [assistant.documentaires@francetv.fr](mailto:assistant.documentaires@francetv.fr).

## Ontario Septic System Survey

Are you an Ontario septic system user? Complete our online survey for a chance to win \$500 towards system maintenance, effluent filter installation, upgrades, or repairs. You can find the survey at <https://www.surveymonkey.com/s/KXJ8N2K>.

The survey was developed by **Green Communities Canada**, with funding from the Ontario Ministry of Agriculture, Food, and Rural Affairs. Results will be used to inform development of a Rural Safe Water Program, which will help rural Ontario residents protect their property values, drinking water, and the environment. For more information contact **Clara Blakelock**, Coordinator of Water Programs with Green Communities Canada. The survey will be open until September 30, 2014.

### Canadian Organic Growers

#### Ottawa St Lawrence Outaouais Chapter

Co-Chair (interim) Margaret  
Tourond-Townson

Rotating Chair Vacant

#### **Down to Earth, COG OSO's Quarterly E-Newsletter**

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Website [www.cog.ca/ottawa/down-to-earth/](http://www.cog.ca/ottawa/down-to-earth/)

Deadline for next *Down to Earth*: **December 1, 2014**. Submit articles to the Editor.

*Down to Earth* is a non-profit publishing project of Canadian Organic Growers, Ottawa St Lawrence Outaouais Chapter. Statements, opinions or views taken by the writers and advertisers do not necessarily reflect those of the editor and publisher.

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