

# Down to Earth

**Farm Tour 2012**  
See page 4



## Are you a MEMBER of COG-Ottawa? Are you a SUPPORTER?

DICK COOTE, MEMBERSHIP SECRETARY

These are changing times and COG is right in there on that bandwagon! We are changing from a membership-based organization to a donation-supporter-based organization! However like most changes, there are a few growing pains, but we're growing and that is for sure!

COG National has been experiencing financial challenges over the last couple of years, so the decision was made to retain all "membership fees" at the national level with zero percent transfers to chapters. That remains in effect at this time but will probably be reviewed eventually when their situation clarifies.

In the meantime, you'll find on the COG website forms for membership and calls for donations! So when you send in donations, your name, address, phone number and e-mail address (if available) are placed on the Membership List which we receive every quarter.

COG-Ottawa fundraises to meet our own funding needs. This is critical to our survival... so Feast of Fields is an important fundraiser for us, as are all donations received at all times. When you become a member, we add you to the list that we receive from COG National and send you Down to Earth and COG-Ottawa E-News by e-mail. We no longer mail in hard copy except to a reducing number of members who have no access to e-mail and who have been longtime members of COG Ottawa. We mail each issue to them in appreciation for their longtime support!

Our survival is of course dependent on the survival of COG National, so we encourage donations to our "mother ship" and we also encourage participation in COG-Ottawa in every way: donations, taking part in events, volunteering for 'one-off' events, volunteering for leadership roles, suggestions and yes even encouragement! Our special thanks to those who write to encourage COG-Ottawa in its important work.

## Editor's Corner

Welcome organic enthusiasts, With another summer in the books, *Down to Earth* is excited to highlight the hard work of our volunteers, members and supporters who found growing success despite facing warm and dry conditions this past growing season. From pigs named "Big Daddy" to articles about seniors joining the organic food movement, this issue of *Down to Earth* illustrates how organic farming is striving to create a happier and healthier tomorrow. *Down to Earth* is also your guide to keeping you in the loop and letting you know about upcoming events, such as where and how to join a permaculture course or how to nominate an outstanding COG-Ottawa volunteer for an award of excellence. So before we put on our bubble vests and grab our pumpkin carvers for autumn, let's first reflect on a great summer by taking an inside look at what our fellow members and volunteers at COG-Ottawa have been up to. Thank you to everyone for a great season.

All the best,

Matthew Orwing

[downtoeartheditor@gmail.com](mailto:downtoeartheditor@gmail.com)

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# COG-Ottawa's 2012 Garden Tour - Sunday July 22nd

BY REBECCA LAST

Photos courtesy of David Townson

On a sunny Sunday morning, COG-Ottawa's 2012 garden tour went to the homes of two of Ottawa's Master Gardeners. Thirty interested participants met at the garden of **Tom Marcantonio** in the Woodpark community near Carlingwood. Margaret Tourond-Townson, COG-Ottawa's vice chair, welcomed participants and explained our various programs. Visitors were introduced to Marjorie, a member of COG-Ottawa's new Senior Organic Gardeners (SOG) program.



The Marcantonio vegetable garden was started in 1978 and has been organic from the beginning. It consists of a series of raised-bed gardens totaling 350 square feet with an average production of 150-175 kg of food per year. The main crop is tomatoes. In most years, three crops are harvested, once in the spring and again in summer and fall. The garden has roof-top water collection, two small greenhouses, a recently constructed brick and clay bake oven and a unique composting system.

Tom is actively involved in supporting initiatives to bring food and food gardening knowledge to school children, including COG-Ottawa's Growing Up Organic program. Tom is also Food Production Coordinator for the Woodpark Community Association and provides guidance for The WELL Project:

and the allotment plots that the church is sponsoring for single moms who are new to Canada. The tour met several of the community gardeners who shared fresh produce with us. Since the garden is in a visible, high-traffic area, unauthorized harvesting of vegetables is a problem.

The afternoon visit was to the home of **Rebecca Last**. Rebecca is also a member of Master Gardeners of Ottawa-Carleton and has been gardening at her residence since 1992. In 2004, her small suburban lot was certified as "Backyard Habitat" by the Canadian Wildlife Federation. Over the years, Rebecca's interests have evolved from growing pretty flowers to gardening for wildlife, to most recently an interest in growing food, permaculture and food security. The front yard has

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*This garden was started by the nearby Britannia Baptist Church to encourage lower-income residents to grow some of their own food.*

.....



Woodpark Edible Locallandscape. Tom can be reached at [tmarc@rogers.com](mailto:tmarc@rogers.com) if there are questions.

At noon the group moved to Michele Park for a picnic lunch under the trees and to visit the **Michele Park Community Garden**. Tom also provides support for this garden, which was started by the nearby Britannia Baptist Church to encourage lower-income residents to grow some of their own food. Pastor Terri spoke briefly to our group about the history of the garden

recently been renovated based on permaculture principles, creating deep beds with a base of wood and other vegetative materials covered with soil. This has resulted in attractive beds of mixed ornamentals, fruit bushes and annual food plants surrounded by limestone rock.





## Organic Week 2012 is almost here!

Canada's National Organic Week is the largest annual celebration of organic food, farming and products across the country. This year, Organic Week is from September 22-29, 2012. We've put together some information to help get you inspired to take action for Organic Week!

You can also find details of the events going on in your area and local businesses participating in Organic Week listed on the website: [www.organicweek.ca](http://www.organicweek.ca). You can also check out COG-Ottawa's Organic Week page: [cog.ca/ottawa/organic-week/](http://cog.ca/ottawa/organic-week/).

We hope that you find a way to participate and we wish you a happy and nutritious Organic Week 2012!

### SO IT'S ORGANIC WEEK – WHAT'S THE BIG DEAL ABOUT ORGANIC FOOD?

The COG-Ottawa Organic Week Committee offers the following reasons to join the organic movement:

- For you: eat more nutrients, less chemicals
- For the animals: grown more naturally with dignity
- For the ecosystem: increase biodiversity at all levels
- For the environment: decrease toxic overload
- For others: improve working conditions for those who produce our food
- For you again: all the above reasons

### WHAT CAN WE DO TO CELEBRATE ORGANIC WEEK?

- Plan to grow your own: start a veggie patch, put in a cold frame, share some seeds
- Volunteer at a community garden
- Support a grower: buy from local organic growers (list available at <http://cog.ca/ottawa/organic-food-directory/>) or support Community Shared Agriculture
- Speak up: Add your voice to the conversation about organic food
- Keep informed: Learn about organic food and farming – you can start at COG-Ottawa's webpage where you'll find plenty of information about organics in the Resources/Media tab
- Ask your local grocer, health food store and your favourite restaurant how they plan to celebrate Organic Week
- Hold a potluck of local organic food and vote on the healthiest dishes

Send your ideas for ways to celebrate Organic Week to [ottawa.organic.week@gmail.com](mailto:ottawa.organic.week@gmail.com). We'll add them to our list!



A large raised bed on the side of the house is devoted to annual vegetables, including a selection of heritage tomatoes, against a backdrop of tall broom corn. The backyard features a pond, waterfall and shaded seating area, many varieties of ornamentals, and a few more food plants, including an edible fig tree. Of particular interest was a revolving compost sifter built from a design found on the internet. Here is the URL for instructions on how to build the trommel compost sifter. See: <http://www.instructables.com/id/Trommel-Compost-Sifter/>. There is a YouTube video that demonstrates a more elaborate, motorized version here: <http://www.youtube.com/watch?v=le-NmgOq9jE>. Any questions may be addressed to Rebecca directly at: [Rebecca.Last@nrcan-rncan.gc.ca](mailto:Rebecca.Last@nrcan-rncan.gc.ca).

*We extend a special Thank You to our hosts for sharing their gardens with us.*

## FALL REFLECTIONS 2012

COG-Ottawa has a full program of interest for Fall Reflections 2012.

The Keynote Speaker and Panel will focus on **pollinators**, including urban beekeeping and bee colony collapse disorder, both research and experience.

COG-Ottawa's Chair will do a **Photographic Report** about COG-Ottawa's many activities throughout 2012. The financial report will be available. There will be an opportunity to add nominations from the floor during the Elections for the COG-O Steering Committee for 2013. The Keynote Speaker and Panel will take place followed by organic snacks to round out the afternoon.

Please note the date on your calendar! **Sunday, December 2nd** doors opening at 2:00 with our **Annual Volunteer Appreciation Presentation** on Power Point followed by our new **Outstanding Volunteer Award Presentation**.

The location will be announced on the COG-Ottawa website and will be promoted in COG-O E-News! If in doubt, please call (613) 244-4000 Extension 2.

# Jasper Apple Farm and Funny Duck Farm Tour

BY RAY PEARMAIN

Photos courtesy of Ray Pearmain

On Sunday August 19<sup>th</sup>, approximately 25 COG members and guests attended the final farm tour of the summer. The tour was organized by Dick Coote on behalf of COG-Ottawa and took visitors to two farms in the countryside near Jasper, not far from Merrickville.



Big Daddy and his children

Bill Bayes and his daughter Mary run the 50 acre Jasper Apple Farm. About 10 acres of the farm is dedicated to the growing of apples. Certified by Pro-Cert [cost about \$500 p.a., based on acreage], it is required that a 50-foot gap is left between the conventional and certified organic apple trees

[“parallel production”], to avoid any contamination by spray drift. The organic apples are mainly Liberty and Freedom varieties, although organic Cortlands are on trial. Non-organic varieties are McIntosh, Cortland and Crab apples,



Mary Bayes and her apples

the latter to enhance cross fertilization needed for apples, which are all hybrids. Apple varieties are chosen for scab resistance. The Bayes adopt a scientific approach to apple growing, using a Leaf Tissue Analysis Report which tells them what to add to the clay loam soil: e.g. Organic “Kelp Man” liquid fertilizer from BC and organic boron as a micronutrient, all as foliar application. Organic fungicide used is Kumulus and Surround, a food-quality clay with insect-blocking qualities. These make the apples look white on the tree, but it washes off. For pests like deer, common in the area, they find that human hair bags work. To enhance pollination, they have a Bumble Bee hive, which has outlets that can be closed off while any spraying is done.

Apple trees have to be hand pruned every year in the fall and winter, but this labour requirement is offset by the fact that Jasper Apple Farm is a wholly pick-your-own operation. As well, they make apple jelly and vegetable chutneys, grow an extensive area of garlic, other vegetables and even chrysanthemums, and hold apple-growing seminars for those who would like to grow their own.

At **Funny Duck Farm**, there are no ducks; this was a joke! Owners Samantha Hart and Aaron Klinck could not afford an established farm and so in 2001 bought 100 acres on very stony and infertile soil with two houses in it. Aaron worked full time off-farm to start with, now he is only part time and hopes to be a full time farmer later this year as by now it is a thriving certified organic farm. Last year they had help from woofers (World Wide Opportunities on Organic Farms) from France, Austria and Spain. This year, woofers came from America, Germany, England, Shetland Islands, and Japan.

They have 47 acres of certified farmland [Pro-Cert], with 200 chickens for eggs and meat, three breeding sows and litters and three milk cows, as well as an expanding area of vegetable production as the animals provide manure for the fields and the soil improves.



‘Chicken tractor’ at Funny Duck Farm



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The current drought has brought problems in that their well dried up, but neighbours were very supportive and all the animals got water – but the owners only got it for drinking and washing up! Very dry land means that sometimes the electric fences that keep in the pigs fail to work properly and this year the cows got into the gardens, eating tomatoes and other vegetables.

Vegetable production is still a minor activity due to poor soil, but tomatoes and winter carrots were observed, the latter grown by using a straw [and of course snow] cover until harvested. Chicken production has been successful, firstly for organic eggs (Shaver Reds) and secondly for meat



Mary Bayes explaining apple cultivation

(White Rocks). They started to produce chicken meat CSA [Community Supported Agriculture] and demand has grown rapidly. Coyotes and foxes are not a problem for the meat birds in the portable shelters. Free range laying hens are occasionally lost to predators, but the farm dog deters most problems.

Their mother pigs are a Berkshire/Tamworth cross, which produce three litters a year. The market pigs are slaughtered, cut and wrapped at the Rideau Meats slaughterhouse in Smith's Falls, which even does labelling, an essential marketing tool. There are fewer and fewer local slaughterhouses now due to increased regulations which only large slaughterhouses can follow.

Samantha and Aaron believe in raw milk and use their three cows, two Jerseys and a Dexter (on the endangered list with Rare Breeds Canada), for their own milk supply.

Those who attended the tour were unanimous in expressing their appreciation to the owners of both farms for their generosity of time and information. Watch for information on more tours in 2013.

## Calling Organic Farmers, Retailers, Processors

An effective, affordable and convenient promotional tool is available for your enterprise!

We are calling on organic (certified and declared) farmers, processors, market gardeners and Farmers' Markets to advertise in COG-Ottawa's ORGANIC FOOD DIRECTORY.

Check out: [www.cog.ca/ottawa/OrganicFoodDirectory](http://www.cog.ca/ottawa/OrganicFoodDirectory) This is a very affordable way of promoting your business and products for one year, i.e. 30 words for \$33.90. You can join anytime!

The application form plus guidelines are on our website: [www.cog.ca/ottawa/](http://www.cog.ca/ottawa/)

Please note there is an attractive Package Deal for advertisements in BOTH the Organic Food Directory AND *Down to Earth*!

For more information please contact Petra at [alpenblickfarm@sympatico.ca](mailto:alpenblickfarm@sympatico.ca)



## First-time grape grower, long-time fan

BY MATTHEW IRVING

I wouldn't exactly call it a "eureka moment," but about three summers ago while I was enjoying a chilled glass of pinot grigio, I decided that maybe growing grapes was my calling. I figured that since I like grape juice, raisins and the occasional glass of wine that it would only be natural to give home growing of my favourite fruit a shot.

Unlike tomatoes, herbs, carrots and even pumpkins, grapes are a plant that I had never tried to grow. Rather than study up on the best ways to grow grapes, I decided to throw knowledge to the wind and freestyle my own growing techniques, learning as I went along and keeping the process entirely organic.

Grown in a space of about three metres by two metres, and in almost full sun, I now have three healthy grape plants. However, getting to this point was certainly not without its issues. First came winter when I opted not to cover the young and spindly grape plants but instead to let them ride out the cold beneath a layer of snow. That seems to work as long as your grapes are far enough away from high traffic areas where they could get stomped by boots travelling over the snow.

In fact, getting through summer has proven to be the single greatest struggle for my grape plants. In particular, moles have grown fond of burrowing beneath the soil and digging holes between the roots. So bad is the problem that one grape plant was entirely uprooted and carried about three feet away from the garden bed. I have been told that ground up coffee beans sprinkled around the base of the plant can help deter such pests, but I have not yet tried this strategy.

This year was the first year that my plants produced edible grapes. With about 60 grapes in total, I anticipate that my first genuinely homemade bottle of wine is only about 10 years away. In the meantime, the grapes taste surprisingly good and I even have a mole to vouch for it.



## SENIOR ORGANIC GARDENERS

# Success in spite of drought!

Senior Organic Gardeners (SOG) have been active in two retirement homes over the spring and summer months as part of a pilot project by Canadian Organic Growers Ottawa Chapter.



Marjorie and Margaret plant the front entrance bed at Unitarian House



Hands in the Garden at Longfields Manor

At Longfields Manor in Barrhaven, a good number of residents came to a couple of workshops about organic planting. Caring for the plants was the focus over the summer, and the drought played havoc with a couple of containers. The other containers and the raised beds have done very well. The kitchen staff have been using the produce and telling the residents in the dining room that the fresh produce had come from “their” gardens.

A Harvest Celebration is planned for Friday September 21st with green salads, potato salads and other items using the fresh produce from the gardens. Everyone is looking forward to that special event!

At Unitarian House, although there were struggles with watering, the front entrance bed of zucchinis, multi-coloured chard, herbs and some colourful flowers turned out beautifully. The pots of tomatoes and herbs were stressed by the drought but they have survived and the harvest is being enjoyed. There has been interest in learning about cooking with some of the herbs and we hope to respond to that interest.



Maureen, David and Marjorie finish planting at Unitarian House

In both retirement homes, we will be holding end-of-season workshops to clean up and put gardens to bed for the winter after the celebrations are over.

The challenge now is to fundraise for 2013. We have received many favourable comments from residents in the homes, from staff and from members of the community.

We have been invited to proceed with year two in both homes. At Unitarian House, the program will be expanded to address a direction the administration wishes to pursue, a direction suited to particular residents who could not participate this year. At Longfields Manor, now that the potential of the

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Staff at Longfields Manor join the gardening fun

project has been recognized in practice, we will continue to garden in the raised beds and will re-examine use of containers as they dry out so quickly. In both locations, the residences are taking ownership of the project and working it into their routines and practices. We are so excited to take the momentum from this year and refine next year's program.

For more information, check out our website at [www.cog.ca/ottawa/goo/](http://www.cog.ca/ottawa/goo/)



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## Steering Committee Report August 2012

BY MARGARET TOUROND-TOWNSON

COG-Ottawa has been pleased and privileged to have our national executive director attend our July Steering Committee Meeting. Beth McMahon shared a number of important items with us and a lively discussion ensued. The Land Share Project and Organic Week coming up were high on the list!

Speaking of **Organic Week**, COG-Ottawa has a number of initiatives that are featured elsewhere in *Down to Earth*. We encourage all our supporters to get involved with Organic Week. Coordinator Stephanie Lane will be delighted to field any questions.

**Growing Up Organic** has some big news to share and COG-Ottawa congratulates Alissa Campbell and Steering Committee Chair, Susan Preston, on an excellent application for funding from the Trillium Foundation.

**Teen Camp** at Alpenblick Farm is now history. We have heard that the children had a marvelous time in spite of the hot weather!

**Senior Organic Gardeners** are active at Unitarian House in Westboro and at Longfields Manor in Barrhaven where preparations are in progress for a Harvest Celebration on September 21<sup>st</sup>. Please check out [www.cog.ca/ottawa/goo/](http://www.cog.ca/ottawa/goo/).

The **Organic Food Directory** is expanding... Petra Stephenson, the Project Manager, is starting a campaign to invite many new advertisers. If you are interested in joining COG-Ottawa's Organic Food Directory, please contact Petra at: [alpenblickfarm@sympatico.ca](mailto:alpenblickfarm@sympatico.ca)

**Fall Reflections** is scheduled for December 2 and because COG National is the legal entity for all COG Chapters, we plan to take a slightly different approach to our "AGM"... I hope you all come out to see this experiment! Of course, the food will continue! We will be looking for new Steering Committee members to share responsibilities in specific areas: fundraising, promotion, finances and education. If you would like to make a sustained difference, and you have an interest or experience in any of these areas, please get in touch: [ottawachapter@cog.ca](mailto:ottawachapter@cog.ca)

COG-Ottawa has been working on a **Volunteer Strategy** for some time and it is finally coming to reality. Our Coordinator of Volunteers, Heidi Monk, has been working on this and we are proud to say that a new era is beginning!

Heidi has also helped COG-Ottawa to develop guidelines for an **Outstanding Volunteer Award** for COG-Ottawa. If you know of a volunteer in COG-Ottawa whom you think should be nominated, please see the article in this issue of *Down to Earth* and get in touch with your nomination. September 30 is the deadline and we will entertain more than one nomination in the first year of this award.



## Growing Up Organic Spreads its Roots

Growing Up Organic (GUO) is thrilled to announce the granting of \$105,000 from the Ontario Trillium Foundation (OTF) to provide core funding for their Growing Up Organic (GUO) program. The two-year grant provides funds for the management and coordination of both GUO's School Program and its Farmer Outreach component into 2014 as well as for an internship position which will provide professional experience to a student or recent graduate. "The Trillium Foundation has been an important supporter of Growing Up Organic since 2008 and we are so grateful to have its continued support," says Alissa Campbell, GUO Project Manager.

Combined with the generous support GUO also received this year from the Community Foundation of Ottawa and Just Food's Community Garden Development Fund, this support will help the program build capacity and strengthen. Growing Up Organic has had quite an exciting year so far! Having helped six new schools establish organic school vegetable gardens and two schools add expansions to their existing gardens, and having offered over 70 garden-based workshops, we are gearing up for a busier Fall season than ever! Most recently, Alissa Campbell returned from an inspiring trip down to Burlington, Vermont, where she attended, along with 800 other participants, the 6<sup>th</sup> annual National Farm-to-Cafeteria Conference (for more information

on this experience and lessons learned see the GUO blog at [growinguporganic.blogspot.com](http://growinguporganic.blogspot.com)).

Highlights this fall will include hosting the second annual Healthy Communities forum to bring together, organizations and individuals working towards bringing healthier, more sustainable food into schools across Ottawa and connecting students with their local organic agricultural community. GUO is also excited to participate as a Steering Committee member of the new



*Hard at work: Students at Cedarview Middle School in Barrhaven use their energy and math skills to build a new GUO garden for their school.*

Photo credit: Cedarview Middle School.

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Ontario Children and Youth Food Network. Launched by Sustain Ontario, a provincial not-for-profit, based in Toronto, the burgeoning Ontario Children and Youth Food Network brings together more than 20 organizations and individuals from across the province. GUO's participation in this forum will allow us to meet countless individuals working on similar goals, particularly getting children and youth eating, growing, cooking and learning about healthy local food. The network's first Steering Committee meeting took place September 4<sup>th</sup> and was an inspiring beginning! Keep an eye out for the GUO Booth at community events this fall: we'll be at SLOW West's Open Mic September 22<sup>nd</sup> at Parkdale Park and at Heritage Academy's Harvest Celebration for the Potato Project, on October 3<sup>rd</sup>.



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Riverglen Farm Display at Feast of Fields 2012. Photo Vlad Skotar



Great dish at Feast of Fields 2012. Photo Vlad Skotar



Farmers' produce at Feast of Fields 2012. Photo Vlad Skotar



More delights at FOF 2012. Photo Vlad Skotar



Guests browse at FOF 2012. Photo David Townson

# YOUTH FARM CAMP 2012

BY JASEN BROUSSEAU

The Youth Farm Experience Camp, put on by the Ottawa chapter of the Canadian Organic Growers, Glebe Neighbourhood Activities Group, and Alpenblick Farm, was run for a fourth consecutive year this past July from the 9<sup>th</sup> to the 13<sup>th</sup>. After spending two days at the Glebe Community Centre learning about food and cooking with camp coordinator Leslie Bunbury and Christian our staff member, the 14 youth



between the ages of 12 and 16 headed out to Alpenblick Farm for three days with coordinator Jasen Brousseau, and farmers Robert Oeschli and Petra Stevenson.

Throughout the three days at Alpenblick Farm, campers had a chance to milk organic goats by hand, cultivate and harvest from an organic vegetable

garden, cook over an open fire, heard cattle, and take part in a multitude of other farming-related activities. The 14 youth also had the unique experience of sleeping in tents in the same fields where organic sheep, goats, and cattle freely roam.



All in all, the Youth Farm Experience Camp 2012 delivered a variety of authentic organic farming experiences. The 14 youth who attended the camp had the opportunity to share direct experiences, learn meaningful skills, and see a side of life that they will carry with them for the rest of their lives; one of quality, sacredness, and self-confidence.



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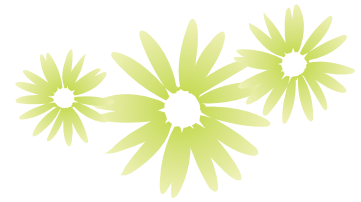


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ECO FARM DAY 2013

## Call for Presentations

**Eco Farm Day**, hosted by Canadian Organic Growers, Ottawa Chapter, is the leading learning and networking conference for organic agriculture and food in Eastern Ontario and beyond.

Last year's 2012 edition hosted Steve Beauchesne from Beau's All Natural Brewing Company as our keynote speaker on the theme of Vibrant Family Businesses in Organic Agriculture, with 12 excellent workshops, over 35 exhibitors, and over 250 participants. Our Saturday evening gala featured Lucy Sharratt from the Canadian Biotechnology Action Network on the subject of GM alfalfa. The programs and presentations of the last 5 years are available online at [www.ecofarmday.ca](http://www.ecofarmday.ca).

The next edition is scheduled for **Saturday, February 23rd 2013**, in Cornwall, Ontario. The theme of Eco Farm Day 2013 is **"Water – Emerging Issues for the Organic Producer"**.

We are pleased to announce our keynote speaker for 2013: **Maude Barlow** on the subject of "Water – Emerging Issues for the Organic Producer". Maude Barlow is the National Chairperson of the Council of Canadians and chairs the board of Washington-based Food and Water Watch. In 2008/2009, she served as Senior Advisor on Water to the 63rd President of the United Nations General Assembly and was a leader in the campaign to have water recognized as a human right by the UN. She is also the author of dozens of reports, as well as 16 books, including the international best seller Blue Covenant: The Global Water Crisis and The Coming Battle for the Right to Water.

**This is a call for presentations** by anyone with a good educational subject or experience to share with organic farmers, processors, businesses, and enthusiasts. There is excellent research happening in organic agriculture and food in Canada. There are also many lessons learned as operators improve their performance. Surely, there must be lots of useful material to present to in our life-long need for ongoing education. While we like to attract presentations linked to the theme of water, we are also open to other useful educational material.

What information can you offer to organic farmers and food businesses to help them improve their overall performance? A workshop that you presented elsewhere in past years is still very relevant. It is valuable to recycle some workshops to include new material and to offer it to people who missed it the first time. Perhaps you know of a presenter or subject. Perhaps you attended an interesting workshop recently that we need to know about. Please send us the referral.

A donation of speaking time to COG Ottawa is most appreciated. Otherwise, Eco Farm Day offers a speaker's fee of \$200 for each workshop. This can be paid cash or exchanged for an exhibit space for your business or institution. As many speakers are fairly local, Eco Farm Day does not normally pay for traveling; however, opportunities exist to fund distant speakers of particular interest to our audience.

Please pass this invitation along to your contacts. Please send your referral or your own contact information and an abstract to myself at this address.

Thank you.

Tom Manley, Chair – Eco Farm Day

1 Union Street, Berwick On K0C 1G0

tel 613-984-0480 fax 613-984-0481 [tom@homesteadorganics.ca](mailto:tom@homesteadorganics.ca)

## COG-Ottawa's New Outstanding Volunteer Award

COG-Ottawa has long recognized its loyal and faithful volunteers at Fall Reflections. For some time, we have been considering how to thank outstanding volunteers who have offered their time and talents consistently over significant periods of time and with passion for the goals of COG-Ottawa.

Nominees would be members that COG-Ottawa considers for their number of years of service, roles filled in COG-Ottawa during that time, creative suggestions and implementation in our chapter and their passion demonstrated to the goals of COG-Ottawa.

An Awards Committee lead by our Coordinator of Volunteers, Heidi Monk will receive nominations, review the letters and act as jury. The winners will not be restricted to one volunteer.

COG-Ottawa's Outstanding Volunteer Award will be given at Fall Reflections annually with a Certificate and Letter of Appreciation along with photographs projected at Fall Reflections and on the COG-Ottawa website.

Please write a letter of nomination to the COG-Ottawa Volunteer Award Committee describing the contributions of the volunteer you are recommending to [ottawachapter@cog.ca](mailto:ottawachapter@cog.ca) by October 31<sup>st</sup>, 2012. If you wish to mail a nomination, please call COG-Ottawa at 613 244 4000 Extension 2.

*Celine Dion Rod Steward Elton John Madonna  
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Michael Bublé Celine Dion Rod Steward Elton  
John Madonna Adele Michael Bublé Celine Dion  
Rod Steward Elton John Madonna Adele Michael  
Bublé Celine Dion Rod Steward Elton John  
Madonna Adele Michael Bublé Celine Dion Rod  
Steward Elton John Madonna Adele Michael  
Bublé Celine Dion Rod Steward Elton John  
Madonna Adele Michael Bublé Celine Dion Rod  
Steward Elton John Madonna Adele Michael  
Bublé Celine Dion Rod Steward Elton John*

**Jewel**  
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## Interested in Permaculture?

CHECK OUT THESE HANDS-ON COURSES THAT WILL GET YOU INVOLVED!

### Ecological Design and Gardening: Introduction to Permaculture September 21 to 23 — Ottawa, ON

Permaculture design — the ethics, principles and design process — is based on living systems and draws upon indigenous knowledge. It can

be applied to physical systems (eg. farms, gardens, cities) and to social systems (eg. organisational flows, business models, school curricula) anywhere. These courses focus on permaculture as DESIGN, which can be broadly applied to land-based, urban, social or economic systems.

The Introduction Module provides a foundation in permaculture ethics, principles and design. It also gives an overview of common gardening techniques used in permaculture. The hours and cost can also be applied as credit towards the full 84-hour Permaculture Design Course offered in fall 2012.

Cost: \$170, includes HST.

Permaculture Institute of Eastern Ontario  
[http://eonpermaculture.ca/intro\\_fall2012](http://eonpermaculture.ca/intro_fall2012)  
To register: [info@eonpermaculture.ca](mailto:info@eonpermaculture.ca)

### 84-Hour Permaculture Design Course Sept.-Oct. 2012 — Ottawa, ON

The 84-hour Permaculture Design Course (PDC) consists of both the Introduction Module (1 weekend, see above) and the Main Module (3 weekends, see below, plus 22 hours of assigned group and independent work). The Main Module goes into more depth with forests, soil, water, microclimates, earthworks, tropical, arid and cold climates, housing design, alternative economics and more. The Introduction Module is a pre-requisite for the Main Module.

Introduction Module Date:

September 21 to 23

Main Module Dates:

September 29 and 30 AND October 13 and 14 AND October 27 and 28

Cost: Full Course Fee:

\$750, includes the Introduction Module, the Main Module, as well as HST.

Permaculture Institute of Eastern Ontario  
[http://eonpermaculture.ca/PDC\\_fall2012](http://eonpermaculture.ca/PDC_fall2012)  
To register: [info@eonpermaculture.ca](mailto:info@eonpermaculture.ca)



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Ottawa Region Chapter

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## Celebrate Organic Week 2012!

### TOUR OF THE NEW BRIDGEHEAD ROASTERY

Wednesday, Sept 26<sup>th</sup>, 6 pm

Bridgehead Roastery and  
Coffeehouse  
130 Anderson St. (at Preston), Ottawa  
Entry by donation with proceeds to  
COG-Ottawa  
For more information about Organic  
Week, visit: [www.cog.ca/ottawa](http://www.cog.ca/ottawa)

Join us for a screening of

### DIRT! THE MOVIE

The story of Earth's most valuable and underappreciated source of fertility — from its miraculous beginning to its crippling degradation.

Thursday, September 27<sup>th</sup>  
at 7:00 pm

Pressed Café, 750 Gladstone Ave.,  
Ottawa  
Entry is by donation with proceeds to  
COG-Ottawa.  
Visit [www.cog.ca/Ottawa](http://www.cog.ca/Ottawa);  
[www.organicweek.ca](http://www.organicweek.ca)