

# LOCAL FLAVOURS

April 2011



## THE SPRING ISSUE

April is a promise  
that May is bound to keep.

~Hal Borland

### In this issue:

What's new at the office - P1  
Welcome to new members - P2  
Local Flavours spring salad - P2  
Book review - Joel Salatin - P3  
Climate change - P4  
Coming events - P4  
Member profile (Old Farm) - P5  
The Greenhouse - P6 - P7  
A Tale of Cherry Tomatoes - P7



They require a 50% contribution from us so your fees help us directly (the money for the brochures is in the bank) and can be doubled by the matching grant.

### 7th season

We gained 13 new members this year and lost the same number. Some had a poor year and others had ceased operations. A number said they would be back next year.

The 2011 brochures will be ready at the beginning of May, 3 weeks earlier than last year.

### Website

As of early April our website listings and maps have been updated to include the complete 2011 membership. When new members join us during the year they will be noted in our newsletter and added to the website.

## WHAT'S NEW AT THE OFFICE

**S**adly we had to say goodbye to our latest intern, Ashley Weese, before the end of March as we had run out of the necessary funds to employ her. Many of our members have met her at events or on the phone, by mail and emails over the past 15 months. We will miss her cheerfulness and her contribution.

This year's mostly volunteer crew for signing up the membership and producing the brochure included Ashley, Marnie Ross, Chris and Mary

Wooding, Jeff Klug, Wendy Banks and Jerry Heath.

### Membership Fee

Some of you have noted our increase in the annual membership fee to \$50. As our membership increases so does the size of our brochures and the number printed for distribution - raising the cost. To improve our financial situation we have added advertisements to our brochures. Money we raise is not only important in itself but it provides funds which are necessary to match potential grants from OMAFRA.

# A Big Welcome to Our New Members

**W**e are pleased to welcome the following new producers to Local Flavours.

**Veggies Unplugged** - a CSA on Wolfe Island.

**Fruition Berry Farm** - a berry and vegetable producer north of Kingston.

**Cairnlee Farms** - a new berry and vegetable producer north of Gananoque.

**A**nd the following new outlets in Kingston:

**Fred's Bread** - an artisan bakery in the west end.

**Chez Piggy Restaurant** - a downtown establishment for 32 years.

**Pan Chancho Bakery & Cafe** - downtown artisan bakery, cafe & gourmet foods.

and over to Wolfe Island for:

**Henderson Farms** - gourmet jams, jellies, mustard & chutney, baked goods.

In Westport we've added:

**Kudrinko's: The Country Grocery** - our first supermarket

**Rosie Yumski's** - a gourmet food and kitchen shop.

and several more in Gananoque:

**The Socialist Pig** - European-style coffeehouse, wines & craft beers.

**Pig Iron Barbecue** - Memphis-style southern barbecue.

in Rockport:

**Address Boat Works & River Rock Shoppe** - meats, vegetables, honey, jams, baked goods.

and in Elgin:

**Elgin Country Store** - meats, fruit, vegetables, maple syrup, honey.

## LOCAL FLAVOURS SPRING SALAD

*A seasonal recipe from Wendy's Country Market with sources listed*

1 8oz bag of mixed greens (Freedom Farm)  
1 cup chopped spinach (Roots Down Organics)  
1 oz of Spring Pea Shoots (Freedom Farm)  
1/2lb cherry tomatoes cut (Forman Farm)  
2 empire apples (Halls Apple Orchard)  
Feta cheese (Wilton Cheese Factory)  
Smoked Turkey cubed (Lyons Turkey Farm)  
Toss together in a bowl.

### *Salad Dressing*

3/4 cup Apple Cider Vinegar (Halls Apple Orchard)  
1/4 cup Maple Syrup (an array of producers)  
Blueberry Jam to taste  
1/4 to 1/2 cup of olive oil  
1/4 cup of red wine  
season to taste

## Become a Friend of Local Flavours!

If you support regional food security created by a network of local food businesses you are invited to join our local food community as a Friend of Local Flavours. The annual membership fee for Friends is only \$20 which will help fund our activities. To join please visit our website [www.localflavours.org](http://www.localflavours.org) or contact us at:

**Local Flavours, 19 Reynolds Rd., Lansdowne, ON**

**KoE rLo, Telephone 613-659-4824**

### **Benefits:**

- Discounts at Special Events
- Notification of Special Events
- Regular e-newsletter
- Friends of Local Flavours Membership Card will give you special perks/discounts throughout the year
- Volunteer Opportunities at Local Flavours Events – we want friends to get involved on committees, sub-committees and assist with local food events

# The Sheer Ecstasy of Being a Lunatic Farmer

by Joel Salatin, Chelsea Green, 2010

BOOK REVIEW BY JERRY HEATH



*"Salatin, a self-described 'Christian-libertarian-environmentalist-capitalist-lunatic-Farmer', produces high-quality 'beyond organic' meats, which are raised using environmentally responsible, ecologically beneficial, sustainable agriculture methods" Wikipedia*

We've heard a lot lately about clouds of methane gas produced by cows and other livestock and about how much more food we could produce for people if we ate the grain instead of feeding it to the animals. Well there is another story to be told and it has been done effectively by Joel Salatin in his latest of 7 books about Polyface Farms which is located in the Shenandoah Valley in Virginia.

Instead of having huge industrial feedlots and hog metropolises, animals confined in hellish quarters and pumped full of antibiotics to keep them alive and eating corn, Joel has designed an alternative which solves a whole bunch of problems by mimicking natural systems. And the neat thing is that the animals eat grass not grain.

Joel has spent a great deal of time learning about the needs of grass and animals and has

developed a brilliant system for producing great food while improving the soil and the pasture. It involves rotational grazing of cattle, pigs and chickens and lots of composting of everything including wood shavings, manure, offal and even dead animals.

His father bought the derelict hilly farm in 1961 and he, and later Joel, have been reviving it ever since. When his dad first put in portable electric fencing there was not enough soil to support the posts and there were gullies 15 feet deep from erosion. Now the heavy rains are controlled and collected by a system of terraces and ponds. Thus his pastures remain green and lush when his neighbours' turn brown during a drought. The neighbours explain this is because he gets more rain than they do!

His system accomplishes an amazing number of things. His animals are healthy and receive humane treatment, his soil has improved dramatically over the years, the organic content has been built up from 1% to 8% and most astonishing - he is making a profit from farming.

When "peak oil" arrives he will be better off than most farmers because he uses so little oil - he lets the animals do most of the work by his rotational grazing system - they mow and fertilize the pastures. He never ploughs or cultivates the land. He has a lower capital investment because his animals do a lot of the work done by expensive machinery on most farms.

I can't go into all the details here, but this book is definitely worth reading! Note that each chapter ends with a number of important "takeaway points" such as those quoted below.

- "Grazing management is the art of domestically mimicking the predator-prey, herbivore-perennial relationship"
- "Grass is more efficacious at sequestering carbon than forests."
- "Manure is best handled by composting".
- "Portable infrastructure enables modern pasture-based operations to maintain sanitation and protection."
- "Nature sanitizes using rest and sunlight."
- "Farms should be aesthetically and aromatically attractive."
- "Letting animals do the work eliminates scale as a factor of efficiency and profitability."

Joel has become well-known after being featured in the film "Food, Inc." and in Michael Pollan's best selling book, "The Omnivore's Dilemma". Don't miss this informative, entertaining and occasionally annoying book.

## HOW WILL YOUR GARDEN GROW IN 20 YEARS?

by Marnie Ross

This past winter the Frontenac Arch Biosphere Reserve (FAB), with funding from Parks Canada, sponsored a series of workshops on strategies for sustainable communities. As part of this series Adam Fenech, a Senior Climatologist and co-winner of the 2007 Nobel Prize for his work on climate change, presented the results of his study of the FAB area. These findings show the direct effects of climate change on the area as well as projections for the future. This includes the probable impact of climate change on agriculture in our communities.

His research indicates that in the last 40 years, the mean temperature has increased by the significant amount: of 1.13C degrees. A change we have all noted in the past few years. This change in temperature isn't so much because of warmer summers, but because of winters that are less severe.

There is no way to determine how much the temperature will increase in the next few years because we don't know what will happen with carbon emissions. However, at the current rate, the projection is that our "normal" climate will move north to somewhere near Thunder Bay while our "new" climate will be similar to the present climate of Washington D.C. We will have a warmer climate, capable of growing grapes and other desirable crops. However, the Sugar Maple is a cold weather tree and is unlikely to reproduce as successfully as the warmer climate Red Maple. Luckily, Red Maples also produce sap for syrup.

We will need to consider carefully what long-term crops we plant such as trees. We're going to have to adapt by planting more southern varieties. Many of our native trees may not prosper in a warming climate that is likely to progress at about three kilometers a year. Also, there is a worry that disease affecting both plants and humans will be on the rise because there are fewer days of extreme cold. Bugs that carry lime disease, West Nile disease and the Southern Pine Beetle are already causing stress.

The amount of precipitation has stayed fairly constant over 40 years. It is extremely varied during the year and the trend is to more days of lighter rain. Because of the warmer temperatures, we may see more rain and freezing rain and less snow. Wind is another important factor but it has not yet been studied.

As a kid in the 1950s, I remember cars driving across Lake Erie in the winter and seeing Niagara Falls as a beautiful frozen pillar. Locally, people talked about horse races and car races on the ice—unthinkable now. Things have changed and will continue to do so. It will be a guessing game as to when more southern varieties will thrive here. We just have to be ready to take advantage of what comes our way and enjoy each wonderful winter like the one we just had.

You can review the complete notes of the workshop here: <http://fabr.ca/Climate%20Change%20Workshop%20Minutes.html>

Also, we had a workshop on the effects of Climate Change on Conservation. You'll find notes on Kim Taylor's presentation here: <http://www.fabr.ca/Conservation%20Strategies%20II.html>  
If you wish to learn more about the sustainability workshops see: [www.fabr.ca/workshopseries.html](http://www.fabr.ca/workshopseries.html)

## Coming Events

### April 24 Spring Celebration - Wendy's Country Market, Lyndhurst

Our first event of 2011 is a combined Earth day and Easter celebration on Sunday April 24th.

- Kids scavenger hunt
- Everyone who comes receives a free evergreen sapling.
- Farmers with fresh maple syrup, greens, raspberry canes, strawberry plants, perennials and more.
- Bakers with fresh made baked goods.
- Chefs with Easter themed food samples.

408 Fortune Line Rd , Lyndhurst  
613 - 928 -2477

Web site:

[www.wendysmobilemarket.com/country-market](http://www.wendysmobilemarket.com/country-market)

### June ? Breadfest at the Delta Mill

The May 7th event has been postponed until June when the Mill will be open and producing flour. We will have a great variety of breads from all of our bakeries, live music and lots of other good things. Stay tuned!

[www.localflavours.org](http://www.localflavours.org)



# Old Farm Market Garden and Old Farm Fine Foods

## MEMBER PROFILE

About 8 years ago Nancy George and Steve France relocated from British Columbia to Eastern Ontario where they purchased Old Farm at 3916 Highway 15 in Joyceville, a property which had been farmed since 1862.

They started with a market farm, specializing in culinary heirloom vegetables and honey. They concentrate on tomatoes, peppers, herbs and eggplant. With spring on the way planting seeds is a major activity at Old Farm as their heirloom seedlings, especially the 400 varieties of tomatoes, are much in demand. These can be purchased at their farm, at Springer market square in Kingston and at their recently opened store, Old Farm Fine Foods, at 204 Barrie street in Kingston. To visit Old Farm call in advance for hours (613) 548-4331.

Old Farm Fine Foods represents the next generation of convenience stores, providing local, sustainable and organic food. Steve and Nancy have created a seven day a week, market style venue to shop for regional meat and produce. Professional chef, Nancy, offers seasonal take away, be it hot, cold, fresh or frozen. Also available is a selection of organic eggs, milk and beef, hormone and antibiotic free chicken, bison, lamb and pork.

Wendy's Mobile Market is a key partner for Old Farm since it provides pick up and delivery service of Old Farm produce to 60 Kingston producers and consumers.



Some of the hundreds of heritage tomato plants which are a feature of Old Farm.

And once again the store will be a pick-up point for CSA farm share produce from Roots Radical and Roots Down Organic Farms.

It will demonstrate clearly Nancy's philosophy:

***Food is at its best when it is treated simply and with respect.***

***When you start with pure fresh ingredients, every meal is a feast.***

To learn more about Old Farm Fine Foods and its range of products see [www.olfarm.ca](http://www.olfarm.ca)

**Want to tell us about your farm or outlet?** We plan on having a member profile in each newsletter. If you would like to be included, contact us at 613-659-4824



# The Greenhouse - Past and Present

by Margaret Ross

As spring approaches our thoughts turn to sprouting our seedlings and getting a head start on warmer weather. The desire of growers to beat the cold is not new. The greenhouse proper had its earliest recorded use in the time of ancient Rome. In those days thin sheets of Mica allowed light for Pliny's daily cucumber to grow through the cold winter months.

The fashion for growing exotics grew among the privileged in many parts of Europe. By the 13<sup>th</sup> Century universities of Italy were noted for their climate controlled studies of exotic plants brought home by curious travellers. About this time the "glass tax" was removed, encouraging the building of larger facilities in France where wealthy status seekers built "orangeries". In warm weather servants wheeled producing orange trees out of the "glass houses" and back in again for protection when the temperature dropped.

Victorian ladies of means often had glassed-in conservatories attached to the sunny side of their opulent homes. The fragrance of roses and orchids permeated their otherwise stuffy rooms.

London's Kew Gardens catered to growing public interest in exotics but these large uninsulated conservatories became costly to maintain. By the 1900s



interest in this type of gardening had begun to flag, though Holland pioneered greenhouse commercial development using steam and hot water heating even before it was used for private homes.

Now, in the 21<sup>st</sup> Century, greenhouse vegetable and flower production has become super efficient. One acre under cover can produce in the order of 100,000 pounds of crops such as tomatoes, cucumbers, peppers, and berries depending on methods used. The covering materials were initially all glass but now the use of plastic - usually stretched and two layered with air blown in for insulating value - has become much more economical.

Tomato vines can grow to 20 feet long and 2" thick in one season. Plants are now grown in flat plastic bags filled with

rock wool or coco fibre and fed hydroponically. The plants are tied so that they can grow tall and be exposed to the maximum light available.

Spain has some 50,000 acres under cover. Leamington Ontario is the Tomato Capital of North America and has over 1600 acres in production. On a cloudy night the sky over the South Essex area glows as though there was a monstrous fire. The lights from the all night operation of huge greenhouses make a spectacular scene.

New ideas for more efficiency are constantly evolving. In Southern Ontario a nuisance grass, Phragmites, has long clogged ditches and damp areas with its tall heavy growth. From this came the idea of using it as a biofuel for greenhouse heating. Now visitors to Essex County are puzzled by the many fields

obviously planted with 3 metre tall Miscanthus. Results from combustion of this vigorous grass are favourable as emissions are less than from more traditional fuels.

Cogeneration, a natural gas-fired heat and power project, was approved for seven installations in Ontario in 2006. In a large greenhouse setting cogeneration can generate enough power to serve 1500 homes and the greenhouse itself while reducing industrial emissions from energy production.

The modern greenhouse is run totally automatically but fruits still have to be picked by hand. In the Leamington area alone over 5000 seasonal migrants come from Mexico, Jamaica and Asia to harvest the crops.

Greenhouse construction continues to expand Canadian exports yearly.

However, for the homeowner with a garden and a green thumb, there is still the cold frame or the hotbed! Both are simple home made

devices to foster early spring plant growth. Both are frames built to a desired size and height and topped by glass. This is usually an old window frame that can be raised or lowered for air or heat ventilation. The cold frame sits directly on the soil while the hotbed has a layer of fresh manure [to generate heat] under the good topsoil.

And just recently a well known Canadian magazine featured plans for a standing room greenhouse that can be folded up and easily stored when not in use!

## **A Tale of Cherry Tomatoes** **by Jeff Klug of Roots Down Organics**

Well spring is officially here. This is the time of year when we transition from the relative calm of winter to the frantic pace of spring. Just a few weeks ago our transplant greenhouse was sleeping peacefully but it is now bursting at the seams with leeks, onions, lettuce, celery, herbs, peppers, and our greenhouse cherry tomatoes. These last guys are what I want to talk about. Every year I am always fascinated how such a small seed can produce such a monster plant. We start ours in early March and transplant them out in the greenhouse in early May. We prune them back to one leader and train them on nine-foot strings until they reach the top and need to be lowered. Pinching suckers is a favorite summer pastime and leaves everyone with a true green thumb.

Early July, when the plants start bearing, truly signals that summer is here. They have become one of our most popular, and profitable, crops on the farm. The pints of mixed colored cherries seem to sell themselves at market. In the fall, when production begins to slow and the cold nights cause disease to spread, we make the tough call to pull the 12 foot vines to make way for our fall spinach crop. After we've piled the vines outside the greenhouse, I often think back to March, when we were sowing them, and still can't believe what that tiny little seed became.

