

Kaslo Food Security E-Brief February 2010

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1. The Kaslo Food Hub is now Open!

As some of you may have read, the Kaslo Food Hub is now open! One day a week, our doors and programs open up to the public. Offering Food for Families, the Bulk Buying Club, a Community Root Cellar, Resource Library and the Baby Needs Cupboard. Food for Families is an alternative food bank offering healthy, wholesome foods to anyone in need, with no limits on quantities or how often you may need to come. As long as you are eating healthy, that is our only concern.

The Bulk Buying Club will be amping up its service in the summer/fall of 2010, but for now if there is local food to be purchased in bulk we will provide the service. We have an extensive survey for you to fill out that will help us fine tune this service as well as expand it to include grains, dairy and legumes. See next item for further details.

The Community Root Cellar will be available to farmers, retailers and those in the community who need storage for bulk foods.

Our resource library is small but growing. We will be offering books and tools of all sorts. If it applies to food self-sufficiency, we aim to provide it.

The Baby Needs Cupboard is full of baby needs and also available to anyone in need.

*****Note new phone number for the Kaslo Food Security Project/Food Hub:**

2. Bulk Buying Club Survey

Please find attached our Bulk Buying Club survey. For three years now we have arranged bulk orders through our local farmers for the general public. This club has proven itself to be useful to our community and thanks to the ability of new storage with the community root cellar; we are expanding the service of the Bulk Buying Club to include grains, dairy and legumes. With a small fee added to the farmer's price, .25 cents for each pound, we are hoping the Bulk Buying Club will support the food

cupboard of Food for Families. This club is meant to provide the farmers with bulk sales minimizes their need to sell outside of the region while also making organic, local food affordable and available to the public.

3. Food for Families Donations

We are continuously seeking financial and food donations to our Food for Families program. As mentioned above, this program is to ensure that anyone in our community who may find themselves in need will have access to healthy food. Food donations must be healthy choices and for now, non-perishable. This food cupboard we aim to fully stock at all times is also an emergency food cupboard. Should the roads keep the trucks from getting our daily shipments to the stores, or other impeding factors, this cupboard is available to whole community, enabling our community to be food secure.

4. Lynx Farm CSA

Jade and Veronika from Johnsons' Landing are providing a wonderful CSA this year and we invite you to check it out. For a full brochure, check out Sunnyside or stop by the Food Hub and ask Betty for one. A CSA is a Community Supported Agriculture program that provides a share of the farmer's production to the shareholder. Shareholders are guaranteed an assortment of veggies, fruit and others for the season and should there be a surplus, shareholders also have a surplus. Should there be a crop failure, then the shareholders have taken the same risk as the farmers. With a purchased share in the spring, farmers are also able to have better investment in their farms with larger start-up funds. You can reach Lynx Farm at 250-366-4112

5. Seedy Saturday- March 6th!

It's that time again! The Kaslo Food Security Project presents our 4rd annual Seedy Saturday at St. Andrew's United Church. Join fellow seed savers from noon to 4pm, to buy, swap, chat and learn about seeds. Netta Zebroff will be sharing her years of seed knowledge with us at 1pm. The Food Security Project will also have a concession of locally prepared desserts as well as coffee, tea and hot apple cider. Proceeds from the concession will go to our Food for Families Program. To register for a table (cost of \$10-\$25 sliding scale) contact Betty.

6. Resource Library Donations

Our resource library is aiming to provide education and tools for all things regarding food self-sufficiency. If you have a book, seeds, movies and or tools you would like to donate please contact us.

7. Community Garden Memberships and Plots

If you would like to have a membership and/or a plot in the community garden this summer, contact Aimee Watson at shademe@telus.net or call 353-2827.

8. Soil Workshop

LAKEHEAD PRODUCE PRESENTS: A FREE soil workshop for gardeners, Saturday, Feb. 20th, 2-4pm, Lardeau Valley Community Hall. Tips on how to grow a garden almost anywhere! Hosted by Kevin & Margaret (nee Lake) Murphy. Bring a shovel's depth sample of your soil, if possible. Info: 250-366-4694

9.Design our Sign Contest!

We are creating the Kaslo Food Hub sign and want your ideas! Send us your design with the following criteria and you could win some books and seeds! It needs to have:

- Our name: Kaslo Food Hub
- Healthy/nutritious images

Submit entries via email to Betty or drop off at North Kootenay Lake Services office located on B Avenue. Betty's contact is below. Winners will be announced at the May Days Garden Festival.

11.KLAS and KFSP present Permaculture and Mushroom Workshop

Ernst Huber, Calendula Moon Gardens at Loftsted Farm and Peter McAllister, Underbelly Farm and the Manager of the Agroforestry Society will be presenting a photo exhibit and discussion at the Langham Theatre in Kaslo on Saturday March 13th, 10am to 5pm. To register contact KLAS at 250-399-4809 or email klasociety@shaw.ca

KLAS= Kootenay Local Agriculture Society

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