

Kaslo Food Security Newsletter June 1, 2010

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1.KFSP is now managing bookings at United Church

It's true! We are now the booking agent for booking the hall and sanctuary at St. Andrew's United Church. Please pass it on, let people now they can call or email us to book the facilities. People can call Tuesday, Wednesday or Thursday 10-1pm 353-7120, or email ucbookings@nklcss.org

2.Edible Garden Tour

There will be a second annual edible garden tour thanks to Kim Walker. The date is set for July 25th, for further information, please contact Kim at: kimwalkerkaslo@gmail.com

3.Leaf Shredder anyone?

Debra Barret is expanding her garden and needs a leaf shredder, if you are able to assist her, please contact her directly at: debrabearit@hotmail.com

4.Community Garden Update

Wanted to give a quick update on the happenings at the community garden and clarify a few misconceptions. The good news is that all plots are rented and being wonderfully cared for this year- lots of great energy going into using the plots with love and care. One of the misconceptions is that Kaslo Food Security is still managing the garden, this has not been the case for several years now. We managed the garden for one year and created the "Community Garden Society of Kaslo" with a board of directors to manage the garden and they are the ones who are officially responsible for it. Kaslo Food Security is no longer managing the garden. However as I am also on that board, voluntarily as the rest of the board is, I am still doing much of the managing. I would happily pass this torch as my plate has been filled. Luckily we have had some fantastic folks come forward and have a member managing plots- Fern Ives. However, in terms of managing all other actions, if you are interested, please contact me. To discuss plots, you can reach Fern Ives at: fern@resist.ca

5.Bulk Buying Club Update

This is one of the most exciting projects KFSP has undertaken. We are literally beginning the building block of a regional food system by networking with regional farmers to secure bulk food orders for North Kootenay Lake. This is ground breaking food security work moving us passed the talking stage into the actualizing stage of food security. We have secured grain, fruit, veggies, legumes and meat for a full spectrum diet, all from the Kootenays and direct from farmers. Every farmer we have signed up is delighted to know they set the price, we order bulk amounts and that their food is going direct to the consumer. The BBC is really a farmer based food distribution and the farmers are thrilled! Each product we list this year will have a farmer bio and/or a website where as an eater, you can know exactly how your food was grown and be connected to the hands that made it happen. If you are not currently on

the BBC list, email is essential, please send me your email and ask to be signed up!
aimeewatson@nklcss.org

6. Community Root Cellar now available!

We are ready to take reservations for the root cellar. The refrigeration unit is up and running and cold storage is not far from being completed. If you would love to buy in bulk, but do not have space for storage, the Community Root Cellar was built with you in mind. If you would like to reserve a spot, send me an email with your space needs. Price will depend on the space you need, and cost of operation which we are still determining. Rentals will be available on a first come first serve basis, so please do let me know asap so we can include your needs in our planning. aimeewatson@nklcss.org

7. Tool library update

We are getting closer! A few more sponsors have come forward, but we still need more. Here are the actual items and prices of each that we are looking at. Also, as a tool rental agent, we will be ensuring that tools are kept in proper care and have a fully legal rental agreement that protects the tools to be always available to the community. IE: if someone destroys a tool, they will be liable to replace it and all rental fees will be held to be able to keep tools maintained and up to date.

Here are the tools:

Grain Mill: I don't have a website for this one, it is a stone mill, hand crank from Ellison's retailing at \$500. Currently we have two sponsors at \$150 each. Two more and we will be able to acquire this essential piece to the self-sufficient kitchen.

Dehydrator: <http://www.excaliburdehydrator.com/9-Tray-Large-Excalibur-with-26-hour-Timer-3926T-28-37-regular-prod.htm> This is the "excalibur 3900", noted as the best dehydrator around with 15 sq. feet of drying capacity, 9 trays, heated unit in the back allowing for even drying. This one is known to raw foodies as being the best for large batches and also being a favorite of hunters who like to make jerky. Cost is \$300, no sponsors at this point. Interested? There certainly is a lot of fruit in our area to make leather with, or to dry for winter use....

Juicer: <http://www.breville.ca/juicing/dual-disc-juice-processor.html> This was sure hard to fine tune, so many juicers out there! This one appears to be the most compatible to a variety of uses and the strongest. About \$400, no sponsors yet. If you are interested.....

Juice Press: <http://www.sausagemaker.com/browseproducts/-31169-Fruit-and-Wine-Press.html> Still have to find a Canadian distributor for this, but it appears to be the best hand crank model out there. Around \$400 and still needs sponsors. This is also the same unit that Kootenay Local Agricultural Society rents out, they found it to be the best one.

Pasta maker:

http://www.creativecookware.com/pasta_maker.htm?gclid=CJf0zM3R_6ECFRGenAoduWqTFQ

Of course, one of the best with lots of options for various pasta making choices. Now that we have our own regional grain, time to make some yummy home grown pasta. Around \$125, no sponsors yet.

Oil press:

http://www.lehmans.com/store/Kitchen_Canning_and_Preserving_Food_Mills_Hand_Crank_Home_Oil_Press_30340100?Args=

One of the few hand crank, home size oil presses that does not destroy the precious oil with too much heat when pressing. Our region can certainly grow lots of sunflowers, thus we can make ourselves some really healthy, fresh oil with out worry about genetically modified oil in our food. Do be leary of sunflowers seeds that are not certified organic as it is one of the top commodities to be genetically modified as well as canola. \$200, two sponsors at \$50 each so far. If you are interested in one of the tools, but do not like our choice, we are also open to other options. Contact us!

8.Provincial Food Security E-brief

We write a monthly ebrief full of food related articles, workshops and grant information for The Community Food Action Initiative of Interior Health. I have attached May's issue for your reading pleasure.

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