

## **Kaslo Food Security Project Newsletter June 24, 2010**

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2. Warning! 15 million pounds of spaghettios recalled
3. Famers to Families Cookbook
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### **1.Lots of veggies available at the food hub!**

Gardeners are coming in to drop their excess goods and the bins are full! Right now, there is ample lettuce, radishes, rhubarb and garlic scapes available to anyone who would like them. Please come in and grab some before they go to the chickens. Reminder: we are open Tuesday, Wednesday, and Thursday 10-1pm.

### **2.Warning! 15 million pounds of spaghettios recalled**

Campbell Soup Co. is recalling nearly 15 million pounds of canned SpaghettiOs with meatballs because of possible under-processing, the U.S. agriculture department said. Full story:

<http://www.cnn.com/2010/US/06/17/spaghettios.recall/index.html>

### **3.Farmers to Families Cookbook**

The cookbook is comprised of recipes contributed by Mountain Baby families both locally and online from all over North America. All the recipes are healthy, nutritious, easy to make and designed to engage your children in the process of bringing food to the table. All proceeds from Mountain Morsels will be donated to the Farms to Families program! (This is a Nelson program NOT the Kaslo Food for Families program, but still very worthy of support!) <http://blog.mountainbaby.com/2010/05/17/get-cookin/>

### **4.Red Wigglers for your Compost!**

Local worm guru Maggie Staples has red wigglers for the compost for sale. She is also very knowledgeable on how to optimize the little worms work in your compost. Contact her directly at 353-2689

### **5.How much do you grow?**

Kaslo Food Security is curious to see how much we grow in our backyards and if you are willing to keep track, at the end of the season you can give us your totals and we will convert it to calories and let you know how many KG of Greenhouse Gases you saved by growing your own food. We also have a tracking sheet- nothing fancy just really simple, and some tips on how to best keep track. With this initiative, we hope to get a better picture of how food secure we are. Our town is full of Village Farmers growing for their families and this is great. But when we can only see the few farmers that are growing to sell, our food security looks very bleak, so we would like to fill in some of the gaps on knowing how much we really are growing. Email us for more information!

### **6.Community Root Cellar is taking reservations**

A reminder that you need to let us know if you hope to store some food this winter in the community root cellar. We have a refrigerated unit, a cold storage, fruit storage and a freezer all available for food storage. Get your space reserved! Email us!

**7.Volunteers needed for JazzFest Pancake Breakfast**

The Kaslo Food Security Project is looking to do the pancake breaky during JazzFest weekend, but we need to know how much help we may have to pull it off. If you are interested in helping, please send us an email or call us. All proceeds go to our Food for Families program.

**By the way, if you have anything food/gardening related you would like to post on this newsletter- send it to us and we will get it out there!**

**Happy Summer everyone!**

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