



# Local Food Community Events, Workshops and Conferences

## February 2009



**Get involved in the Local Food Movement! Here are some ways to support local farmers, learn more about sustainable food systems, start your own community garden, and grow your own food organically!**

*Brought to you by the SFU Local Food Project  
Upcoming events you want us to share? Email [sfulocalfood@gmail.com](mailto:sfulocalfood@gmail.com)*

### **BUY LOCAL**

1. **Coquitlam Farmers Markets Winter Markets** (Sundays, February 8, February 22, March 8, March 22: 1:00-5:00pm, Port Moody)
2. **Meet Your Maker 2009**: Where Food Producers and Food Buyers Find Each Other (Tuesday, February 10, 2009, Vancouver)
3. **Vancouver Farmers Markets Winter Markets** (Saturdays Feb 14, Feb 28, March 14, March 28 10:00am-2:00pm, Vancouver)

### **LEARN MORE**

4. Summer 2009 SFU Undergraduate Semester in Dialogue: **Being About Action: Exploring Food, Community, and Urban Sustainability** (Application Deadline: February 13, 2009)
5. **Northwest Real Food Youth Summit**: Students Mobilizing for Just and Sustainable Food (Portland, Oregon - March 19-22, 2009)

### **GROW LOCAL**

6. **Call for Urban Agricultural Growers** for the Farmers on 57th Garden project at George Pearson Centre (Applications due February 10, 2009)
7. **Growing Food in the City** Organic Gardening and Permaculture course (Courses start February 25, 2009)

8. **Local Food Security and Starting your own Community Garden in Vancouver** Workshop (Saturday–Sunday, March 7–8, 2009; 9 am–4:30 pm)
9. City Farmer School of Urban Agriculture's **Introduction to Organic Food Gardening Course** (Starts Saturdays in March 2009)

## **ORGANIC FARMING INTERNSHIP OPPORTUNITIES**

10. **Stewards of Irreplaceable Land:** Sustainable/Organic Garden & Farm Apprenticeships across Canada
11. **Organic Farming Internships in Ontario:** Young Farmers Wanted for a Greener Planet!



## **BUY LOCAL**

### **1. Coquitlam Farmers Markets Winter Markets**

Celebrate the Bounty of BC with the Coquitlam Farmers Market! Enjoy farm fresh produce direct from local farmers, meat, fish, dairy products, plants, beautifully hand crafted items, fresh baked goods, live music, special events, and more...

Sunday afternoons 1:00pm to 5:00pm February 8, February 22, March 8, March 22

Port Moody Recreation Complex  
300 Ioco Road, Port Moody

Visit <http://www.makebakegrow.com/> for more information

### **2. MEET YOUR MAKER 2009: Where Food Producers and Food Buyers Find Each Other**

Get Local and Local Food First are gearing up to present yet another successful MEET YOUR MAKER, set for Tuesday, February 10th 2009 at the PNE in Vancouver (9am to 4pm.)

The 2nd Annual MEET YOUR MAKER event will allow you the opportunity to network with local food producers, buyers, and distributors and build strong connections to increase local food production and consumption.

[Click here to download the invitation & agenda. \(PDF\)](#)

[Click here to watch a clip of the 2008 event.](#)

***VOLUNTEERS NEEDED!***

If you are interested in volunteering at Meet Your Maker, please contact Bonita at 604-730-0450 or email [info@getlocalbc.org](mailto:info@getlocalbc.org)

See [http://www.getlocalbc.org/en/news\\_events.php](http://www.getlocalbc.org/en/news_events.php) for more info.

### **3. Vancouver Farmers Markets Winter Markets**

#### **Upcoming Winter Farmers Market Dates**

Shop Local every Fall, Winter and Spring  
Every other Saturday, November to April

Upcoming Market Dates: Feb 14, Feb 28, March 14, March 28....

- Hours: 10:00am – 2:00pm
- Location: WISE Hall – 1882 Adanac Street at Victoria Drive (2 Blocks east of Commercial Dr.)
- Please bring your own bags!

See <http://www.eatlocal.org/markets.html> for more information



## **LEARN MORE**

### **4. Summer 2009 Undergraduate Semester in Dialogue: Being About Action: Exploring Food, Community, and Urban Sustainability**

Are you an undergraduate at SFU looking for an exciting and innovative way to learn?  
Are you interested in learning with students in departments outside your own? Apply now for the summer semester!

Summer 2009

Being About Action: Exploring Food, Community, and Urban Sustainability

A Summer Institute in Dialogue

May 4 - June 18. 10 credits (DIAL 390W, 391W)

This Summer Institute in Dialogue will explore the concepts of leadership, action and sustainable development within an urban context. Students will engage in a collaborative project with a local partner organization to create a more sustainable region, with the theme of "food" as a starting point. What is food? What is hunger? What is nourishment? How do we create more sustainable food systems? What is the role of urban agriculture? How is food connected to unsustainable consumption patterns?

The class will survey a range of local projects, working towards creating sustainable food systems as well as attending local events connected to sustainability and food. Projects will focus on crafting proposals for action with community groups, reflective writing, and collaborative group work. This is an intensive and experiential course running five days per week, 9:30-4:00.

**Application Deadline: February 13, 2009**

For further information, visit our web site [www.sfu.ca/dialogue/undergrad](http://www.sfu.ca/dialogue/undergrad)

Or contact Janet Moore at 778 782 7884 / [jlmoore@sfu.ca](mailto:jlmoore@sfu.ca)

## **5. Northwest Real Food Youth Summit: Students Mobilizing for Just and Sustainable Food**

**Northwest Real Food Youth Summit:**  
Students Mobilizing for Just and Sustainable Food  
**Portland, Oregon - March 19-22, 2009**  
Registration is now open!

Are you ready for food that reflects your values, and vision of a just and sustainable world? This March 19-21, join young people around the northwest for our region's first real food convergence! Fall 2008, students at over 300 colleges and universities united to take action for *Real Food Now!* Across the country, students at hundreds of colleges and universities are turning their attention to food systems in efforts to address campus sustainability and social responsibility. United around a platform of community-based, ecologically sound, fair, and humane principles, the Real Food Challenge (RFC) is institutionalizing food change on campuses around the nation.

As the connections between food, sustainability, and social justice become more salient to the public, and the momentum behind this student movement grows, **it is important, now more than ever, that students are able to connect with each other and with the resources they need to be effective advocates for change.** The summit will be an

unprecedented opportunity for students across the Northwest to come together to network and create successful strategies for bringing the real food solutions to their campus and community.

The RFC summit will be held in conjunction with the 4th Annual National Farm to Cafeteria Conference. In the last decade the number of farm to school programs has exploded—from a handful of programs in the late 1990's to over 2,000 today. During this year's conference, "*Going the Distance and Shortening it, From Farm to Cafeteria*," students will have the opportunity to explore the challenges and opportunities that come with the success of the movement alongside community leaders, food service professionals, sustainable agriculture advocates, and other movement veterans.

RFC delegates will engage in the larger conference, as well as in special Youth Summit opportunities. **This is a unique opportunity to connect with over 400 experienced conference participants, as well as join a strong network of emerging young activists and leaders.** Join us for field trips, popular education, open space sessions, keynotes, games, panels, hands-on workshops, art, and shared meals.

We're looking for passionate high school and college students (or youth activists of a similar age) committed to taking the Real Food Challenge back to their campus and community. Expect to leave re-energized with a support network, new friends, leadership skills, and a serious action plan.

**Space is limited so apply today!  
TRAVEL SCHOLARSHIPS AND FEE REDUCTIONS ARE AVAILABLE UPON  
REQUEST.**

For more information, and to register for the summit, please go to:

<http://realfoodchallenge.org/northwest/summit>

Please direct any questions to [shannonkuhn@gmail.com](mailto:shannonkuhn@gmail.com)

For more information see [www.realfoodchallenge.org](http://www.realfoodchallenge.org)



## **GROW LOCAL**

### **6. Call for Urban Agricultural Growers for the Farmers on 57th Garden project at George Pearson Centre**

*Are you an experienced organic vegetable grower looking to grow vegetables for a market in central Vancouver? Would you like to be part of an exciting new community-integrated garden being planned at George Pearson Centre? Are you interested in helping to build community around food growing, food security and the pleasures of*

*plants?*

### The Place and Project: 'Farmers on 57th'

George Pearson Centre is a long-term residential care centre located on 22 acres of arable land in central Vancouver— between Cambie and Oak streets on 57th avenue. 140 permanent residents live here. Starting this year, they are developing a portion of their 'backyard' (up to 1 acre) for food growing and community gardens. The gardens are varied in purpose and in scale, and include: Pearson residents' plots (wheelchair accessible beds and vertical gardens); neighbourhood plots (3' x 8' raised beds); school plots; organically grown flower beds for market, and organically grown (non-certified) vegetable crops for farmer's markets. We are looking for two growers to oversee the vegetable field crops.

### Your Role

As one of two market vegetable growers, you will be responsible for the selection, growing, harvest, and selling of market vegetables in a  $\square$  acre planting area. This includes seeding, transplanting, weeding, irrigation, organic pest control, soil amendment, harvest, packaging for market, and helping to transport and sell at the Riley Park Farmer's market (at Main and 30th, 3  $\square$  km away, every Wed thru summer).

Volunteers, primarily from the local highschool, will be recruited to help with key tasks.

Your role in the community will be an important one. As this is a residential area, your field crops will be highly visible, and so it is vital that they be well maintained and attractive. Human-powered tools only (no mechanized machinery). Pearson residents and neighbours will be curious about the gardens, and your role in the community will be an important one.

You and the other grower will split the revenue generated from the produce that you grow and sell at market (provided that job responsibilities are equally shared), with 10% going back to the 'Farmers on 57th' project to help cover costs. There is no hourly wage paid—your income comes directly from the fruits of your labours.

### The 'Farmers on 57th' project will provide:

We will cover significant expenses, including

- \* land, site assessment (approx  $\square$  acre)
- \* initial soil tilling and amendments
- \* micro-irrigation infrastructure
- \* unheated greenhouse space (shared with other gardeners)
- \* gardening and harvest tools
- \* seeds, seed starting supplies
- \* compost bins
- \* bicycle carts for transporting produce to market, market awning and signage
- \* a booth at the Riley Park Farmer's Market (pre-arranged)
- \* volunteer recruiting
- \* access to washroom and sink

### When Does This Start?

This year! We dig beds in March 2009 and will plant this coming season.

Are you interested? Please apply to Jen Rashleigh, Pearson Garden Coordinator, with a page telling us about your qualities, skills and experience that you would bring to the Farmers on 57th project.

**Email: [jkrashleigh@gmail.com](mailto:jkrashleigh@gmail.com)**

**Application deadline: February 10, 2009**

## **7. Growing Food in the City Organic Gardening and Permaculture course**

Are you concerned about food security? The quality of the food you eat? Would you like to learn to grow your own food?

Our new course "**Growing Food in the City**" teaches essential Permaculture and organic gardening techniques in a practical, hands-on way. No prior education or experience required. Offered in Victoria and Burnaby

### **Courses start:**

- BURNABY: Wednesday, February 25, 2009
- VICTORIA: Monday, February 23, 2009

### **More Information:**

Of the 16 sessions, 6 to 8 will be classroom sessions and 8 to 10 sessions will be held in the garden. Students are encouraged to grow their own garden during the year, putting the newly acquired knowledge and skills to practice. The course will end with a celebration and potluck event, for all to share their experiences and recipes. Learn to:

- Create and maintain healthy soil, which in turn can grow nutritious food
- Analyze and optimize the growing conditions in your garden
- Creatively collect, use and preserve water for optimal garden health
- Use holistic solutions for plant health problems ("pests" and "diseases")
- Select, plant, maintain, harvest a large variety of food plants for year-round enjoyment
- Store your harvest
- Save your own seeds

The course is a perfect complement to our "**Organic Master Gardener Course**".

**For additional information please visit <http://www.gaiacollege.ca/index.php>**

## 8. Local Food Security and Starting Your Own Community Garden in Vancouver Workshop

**Saturday–Sunday, March 7–8, 2009**

**9 am–4:30 pm**

**\$75 (GST included) / CITY 235**

This two-day interactive course will introduce you to the concepts and practice of community gardening in Vancouver. A general history of community gardening will open the class. Then the basics on how to plan and start your own community garden. Then, a half day interactive workshop for each student's unique "plan of action" towards starting a community garden in Vancouver. The second day will include a field-trip to two community gardens in Vancouver via public transit.

Instructors: **Devorah Kahn**, Food Policy Coordinator, City of Vancouver ; **Kathrine Richardson**, Adjunct Professor, Department of Geography, UBC; and **Polly Ng** and **Jing Niu**, co-authors of *Growing Gardens: A Resource Guide to Starting your Own Community Garden*.

To find out more or to register, visit: <http://www.sfu.ca/city/register.htm>

## 9. City Farmer School of Urban Agriculture's Introduction to Organic Food Gardening Course

**City Farmer's hands on organic food gardening course includes:**

- site planning/design/soil preparation
- choice of seeds-plants/starting seeds
- companion-succession planting/harvesting/composting
- organic gardening techniques/natural pest control/bugs
- container gardening
- waterwise gardening
- birds and mammals in the garden

**Course Instructor:** Sharon Slack, Head Gardener, City Farmer

**Location:** Vancouver Compost Demonstration Garden - 2150 Maple Street at 6th Avenue in Kitsilano

**When:** Saturdays in March

**Cost:** \$100.00

**To Register:** Call 604.736-2250

**For more information:** visit <http://www.cityfarmer.org/CFschool.html#cfschool>



## ORGANIC FARMING INTERNSHIP OPPORTUNITIES

### 10. Stewards of Irreplaceable Land: Sustainable/Organic Garden & Farm Apprenticeships across Canada

Ever dreamed about having your own farm, growing your own food, knowing how to distinguish between weeds, or even just working outside for a summer?

Consider making 2009 the year you realize your dream -- it's not as difficult as you may think!

There are dozens of farms across Canada who are looking to teach you these skills. For a commitment of 8 weeks or more, a farm will provide you with room and board and an education that you'll use for the rest of your life.

From the bright Atlantic shores of the Maritimes to Vancouver Island, you will find farms of every shape and size. Some are small market gardens, others with sweeping fields of grains. You'll learn not only to grow food, but drive a tractor, build a fence, update blogs, and some will even teach you how to weld!

Many farms are also willing to accept couples too, so you don't have to make the choice of doing what you love without the one you love :)

Take time to look through the many farm listings and dare to dream about greener pastures.

**SOIL is now accepting applications, so apply today!**

**Visit <http://www.soilapprenticeships.org> for more information!**

### 11. Organic Farming Internships in Ontario: Young Farmers Wanted for a Greener Planet!

Are you ready for a real farm experience? Become an organic farm apprentice this summer.

Our website provides convenient "one stop shopping" for people who are looking for a farm apprenticeship that meets their learning needs.

CRAFT Ontario is a network of farms that offer hands-on apprenticeships. There are 17 farms to choose from in southern Ontario. Plus, farms from the Sudbury, Ottawa, and

Kingston areas will be listed on our site by the end of January.

Check out the CRAFT Ontario organic farm internship website:  
<http://www.craftontario.ca/>

Maybe it's your dream to have your own organic farm one day. Or maybe you want hands-on skills that can be applied in your future careers and lifestyles. Whatever your long term goals are, a farming internship is a powerful experience that will equip you with tools and insights to make a real difference in the world.

Now is the time to apply!  
Apply directly to the CRAFT farm(s) that interests you.

Go to <http://www.craftontario.ca/thefarms2.php> for a complete list of farms.