

# The SFU Local Food Project

newsletter  
Ideas In Action February 2009



## Welcome to 2009!

The SFU Local Food Project is pleased to bring you a fresh, new e-newsletter each month which will focus on connecting you with more information about local food, resources available through the SFU Local Food Project and in the community, ways to get involved, and last but not least, a delectable recipe featuring local and seasonal ingredients to get you cooking locally!

We are pleased to share with you the success of our new **Harvest Box program**, which has doubled in capacity since our launch in January 2009. February has seen over 100 orders and we are now the largest Harvest Box distribution site in the entire South Fraser region. Last month we were even able to source five out of seven items locally and have been able to use our purchasing power to influence local buying at the regional level. Hope you all are enjoying your fresh produce and make sure to order future months well in advance at [www.sfulocalfood.ca](http://www.sfulocalfood.ca).

In other news, the SFU Local Food Project also presented at the **BC Sustainable Campuses Conference** on Feb 6-8th in the session on 'Food Systems on Campus and in the Community' where we were able to connect with other student activists from all over the province who are working on sustainability and climate change initiatives. We will be continuing to forge connections with other campuses with the creation and launch of the **BC Local Food Network**, which will connect universities and colleges working on local food initiatives across the province.

We would also like to welcome our **new volunteers** for 2009. We are fortunate enough to have a fantastic team working on all our new design and communications materials, overhauling our website to a new and improved site, compiling an Online Resource Centre, updating our Local Food Guide, and distributing the Harvest Box each month in Convocation Mall! Last but not least, we would like to welcome Emma Point as the new e-newsletter writer, who will bring to the newsletter her vast knowledge of the environmental aspects of food systems.

Thank you to everyone for reading our newsletter and hope to see you at one of the winter farmer's markets coming up!

Charlene Ponto  
On behalf of the SFU Local Food Project

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## Questions or Comments?

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Or visit our website at  
[www.sfulocalfood.ca](http://www.sfulocalfood.ca)

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# The Local Food Movement: Not Just a New Craze

The local food movement is alive and well in the Lower Mainland, BC. Each year, we witness an increasingly available supply of local food, matched by a growing number of consumers who recognize the importance of regional food networks, safe and healthy food, and farming practices that seek to achieve higher environmental standards.

Of course, “eating local” is not a new phenomenon. For nearly the entirety of human existence, we have relied on the local environment for our food - our consumption patterns having been determined by climatic conditions and regional biodiversity. As recently as the mid-20th century, locally available food, (including food from the family garden) made up a substantial portion of an individual’s diet. Home preserving, root cellars and preparing food from scratch were common practices.

Only in the past 60 years has the introduction of fossil-energy dependent technologies so vastly altered methods of food production, processing, packaging and distribution that we no longer predominately consume food from local sources. Mechanization of the food system meant that fewer farmers were needed, and readily available and inexpensive fossil fuels made it economically feasible to process and transport food across great distances.

There were, of course, those who opposed the trend towards an industrialized and globalized food system, but the trend continued nonetheless. Our global population, having risen more than 250% since 1950, combined with the associated environmental impacts of the modern food system, offer stark reminders of the unintended outcome of our recent food history.

But wait! There is a positive twist to this story and you are part of it! Fueled in part by rising energy costs, climate change, nutritional health concerns, and a lack of connection to our food’s place of origin, we have begun to witness a re-emergence of our prior localized eating habits.

In addition to the multitude of local food-inspired events happening in Vancouver this month (page 3), the burgeoning local food movement is evidenced by numerous farmers markets, community supported



agriculture programs, community farms and farmer training programs, urban agriculture endeavors, the promotion of local food by Vancouver-area chefs, and an increasingly available selection of local food at grocery stores. Over 350 people are now receiving the Local Food Project’s e-newsletter, (a 50% increase from last year) and if all this doesn’t convince you – consider the selection of the word “locavore” for the New Oxford American Dictionary’s word of the year in 2007.

As humans continue to face the challenges of climate change, declining oil reserves, health epidemics and financially struggling farming communities, incorporating more locally produced food into our diet will continue to offer one solution with which to address these problems. It wasn’t long ago that consuming locally produced food was a normal practice for everyone. While times may have changed, it seems many of us wish to support a trend to rediscover the ecological, economical and nutritional benefits of producing and consuming food locally.

*To read more about the history of local food, check out ‘Eat Here: Reclaiming Homegrown Pleasures in a Global Supermarket’ by Brian Halweil and our resource guide on page three.*

**Emma Point** has recently completed her Masters degree in Environmental Studies from Dalhousie University in which she assessed the environmental impacts associated with the life cycle of a bottle of wine (from the vineyard through to disposal of the bottle). She thus brings with her a wealth of food sustainability knowledge, including an understanding of the relative importance of transport in the food and beverage sector. Emma’s interest in food and farming extends beyond her academic life, having held the position of head cook in various tree-planting camps throughout Ontario, Manitoba and Alberta. She has worked on an organic farm through WWOOF (Worldwide Opportunities for Organic Farming) on Salt Spring Island, is developing her own home delivery baking service, and is currently preparing the soil in her very first garden.

## Resources



### Upcoming Winter Markets

#### Coquitlam Farmer's Market

Sunday, February 22nd

1:00pm–5:00pm

Port Moody Recreation Complex  
300 Ioco Road, Port Moody  
[www.makebakegrow.com](http://www.makebakegrow.com)

#### Vancouver Farmers Market

Saturday, February 28th

10:00am–2:00pm

WISE Hall  
1882 Adanac Street at Victoria Drive  
(2 Blocks east of Commercial Dr.)  
Bring your own bag!  
[www.eatlocal.org/markets.html](http://www.eatlocal.org/markets.html)

### Upcoming Courses

#### Growing Food in the City Organic Gardening and Permaculture course

Courses start in Burnaby on  
Wednesday, February 25, 2009  
Visit <http://www.gaiacollege.ca/index.php>  
for more information.

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

Saturday–Sunday, March 7–8, 2009  
9:00am–4:30pm  
Register soon at:  
[www.sfu.ca/city/register.htm](http://www.sfu.ca/city/register.htm)

## Job Opportunities

### Glen Valley Organic Farm Apprenticeship for 2009 Season

We're looking for apprentices interested in pursuing a career in small-scale agriculture. Through an apprenticeship on our farm you will gain a comprehensive understanding of operating a diversified, small-scale, certified organic farm. From crop planning, business management and seeding to weeding, harvesting and marketing, we offer a holistic understanding of organic agriculture and a small community of dedicated farmers who live on the farm. On-farm accommodation, access to farm food and a fair wage offered to apprentices. Work term is full-time approximately April through September with part-time work in the shoulder seasons. There is a long-term opportunity to farm with us if we feel there is a good fit after a full season.

Located on the Fraser River's floodplains in the spectacular Glen Valley (only 60km from Vancouver), this co-operatively-owned farm has two businesses that sell fruit and vegetable crops at a variety of markets throughout the Lower Mainland. Interested candidates should send a letter outlining farming interests, along with a resume to: [glenvalleychris@gmail.com](mailto:glenvalleychris@gmail.com), or mail to Glen Valley Organic Farm, 8550 Bradner Road, Abbotsford BC V4X 2H5.

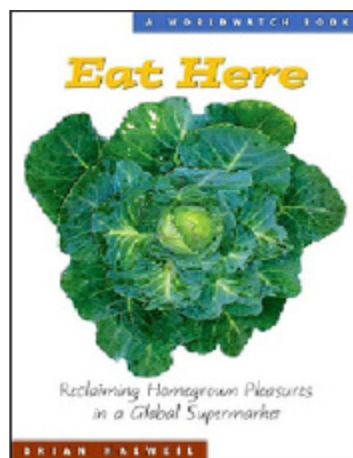
## Resources

### Eat Here: Reclaiming Homegrown Pleasures in a Global Supermarket

Brian Halweil, November 2004.

ISBN: 0-393-32664-0. 237 pages

In *Eat Here*, author Brian Halweil points to a surging local food movement that is rediscovering homegrown pleasures and changing the way we eat.



# Hearty Kale & Potato Casserole

Local Eats!

This recipe uses several vegetables available locally in February. Leeks are similar to onions, with a milder flavor, but feel free to use onions in this recipe instead. This casserole can stand as a meal on its own, but serve it with brown rice to make a complete protein (rice + lentils = a complete protein source ). It is also great for leftovers!

Prep Time: 20 mins  
Cooking Time: 30 mins  
Serves: 4

## INGREDIENTS

- 5 medium potatoes, medium diced
- 3 leeks, white ends only, finely diced
- 1 tbsp olive oil
- 5-6 leaves of kale, roughly chopped
- 2 tbsp butter
- 2 tbsp flour (white or whole wheat)
- 2 cups milk (soy milk is okay)
- 1 tbsp dijon mustard
- ½ tsp nutmeg (ground)
- ½ tsp each, salt and pepper
- ⅓ cup lentils, cooked
- ¼ cup hard cheese (i.e. cheddar, gouda), shredded
- ¼ cup bread crumbs

## COOKING INSTRUCTIONS

- Place diced potatoes in a pot of cold, salted water. Bring to a boil and cook potatoes for 2-3 minutes. Drain and set aside.
- In a skillet, sauté leeks in olive oil over medium heat until lightly browned.
- Add kale and sauté until it wilts and slightly reduces in size, about 2 minutes. Remove from heat.
- In a separate saucepan, melt the butter and sprinkle in the flour, stirring until it is absorbed by the butter. Cook for 1 minute.
- Whisk in the milk, Dijon, nutmeg, salt and pepper and continue to whisk until sauce thickens. Remove from heat.
- In a casserole dish, combine leeks, kale, potatoes and lentils. Combine with sauce. Bake, covered, at 350° for approximately 25 minutes. Remove cover and top with cheese and breadcrumbs. Broil until cheese melts and topping lightly browns.



photography by Emma Point

## What's In Season in February

Apples  
Beans (dried)  
Cabbage (savoy and red)  
Kale  
Leeks  
Onions (red and yellow)  
Parsnips  
Mushroomskale  
Cilantro  
Bay leaves  
Chervil  
Rosemary  
Sage  
Savory  
Thyme

Other vegetables available in February that have been stored, dried, and/or frozen include: potatoes (red, russet, yellow), rutabagas, shallots, and turnips (white).

For more information, visit [www.getlocalbc.org](http://www.getlocalbc.org).

<http://www.flickr.com/photos/uberculture/>

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