

JACK JOHNSON SUPPORTING LOCAL GROUP'S WORK

Musician Jack Johnson is coming to town August 21, playing at UBC's Thunderbird Stadium. And he is supporting local group, FarmFolk/CityFolk, while he's at it. It's a win-win for everyone.



Win 2 Tickets to Jack Johnson Concert: It's easy to enter. Go to the Jack Johnson website: <http://www.jackjohnsonmusic.com/allatonce/explore>. Scroll down to the FarmFolk/CityFolk show (bee on flower photograph.) View the *entire* 3-minute show. FarmFolk/CityFolk gets \$1 for every complete viewing. Answer this question: What are the 3 things that Wendell Berry says to do wherever possible? Send your answer to FarmFolk/CityFolk: contest@ffcf.bc.ca. They will have a draw and 5 people will win a pair of tickets. They will let winners know 1 week before the concert.

Double Your Donation: Jack Johnson has offered FarmFolk/CityFolk a Matching Grant. Any donations that FarmFolk receives before the concert with the memo, "Jack Johnson Campaign," will be matched (up to a total of \$2,500.) For more information, please visit <http://www.farmfolkcityfolk.ca>



URBAN FARMING TAKING ROOT

During WWI and WWII, Victory Gardens were planted in urban yards to reduce the pressure on the public food supply brought on by the war effort. Today, *City Farm Boy* Ward Teulon is farming within Vancouver city limits in private yards and on downtown rooftops. He sells at the farmers' market and is now starting a CSA program. Ward is also offering a 1-day workshop on Urban Farming (August 9th). <http://www.cityfarmboy.com/>

Craig Heighway, Chief Pitchfork Operator (CPO), is also farming within Vancouver city limits with his new company, *Kitsilano Farms*, and is also offering a CSA box program. <http://www.kitsilanofarms.com>
And if Motown can become Growtown, surely we can do it here! (Urban farming in Detroit? Click here to read a short, inspiring story: <http://news.bbc.co.uk/2/hi/americas/7495717.stm>)

WAL-MART SELLING LOCAL PRODUCE

From importing organic food from China to supporting local growers? "As the largest grocery retailer in the United States, we see a responsibility and an opportunity to promote more sustainable practices in the food and agriculture industries. One of the most important steps we can take is reducing food miles by selling locally grown produce in our stores." With 9 stores already in Metro Vancouver and the first Vancouver store opening in early 2009 (the old Costco location on Grandview Hwy) ... will they follow suit and buy local? If so, will it be a fair deal for our local producers?
<http://walmartstores.com/sustainability/7985.aspx>



WATER CRISIS



In 1997, Spanish ecologist José Manuel Naredo predicted Spain's Water War. Water wars are now a reality in Spain, Australia and many other parts of the world. Because of overpopulation, mass consumption, misuse, and water pollution, the availability of drinking water per capita is inadequate and shrinking as of the year 2006. It is estimated that by 2025 more than half of the world population will be facing water-based vulnerability. And while drinking water is very important, did you know that an average of 70% of the world's fresh water is used in agriculture?

So, what's happening with H₂O in Canada? 🍁 Canada's water champion, Maude Barlow, National Chairperson of the Council of Canadians and co-founder of the Blue Planet Project has been warning us about Canada's water supply for more than a decade. Have trade deals have watered down our water rights? Do other governments and multinational corporations want control of our water? Can they legally do that? Barlow's new book, 'Blue Covenant: The Global Water Crisis and the Coming Battle for the Right to Water' is being touted as *An Inconvenient Truth* of water. Water is the most important nutrient we can put into our bodies and it is the foundation of life on this planet. Should we be paying more attention to this issue? According to the Council of Canadians, yes. "We have lost democratic control of energy under NAFTA and we may lose control over water, if the NAFTA-SPP agenda is allowed to proceed unchecked. It's time to renegotiate NAFTA, stop the Security and Prosperity Partnership (SPP), and reject the Bush-McCain agenda of putting corporate profits before people and

FRASER SOCKEYE INFESTED WITH LICE



The Fraser River may be the world's largest salmon producing river. At the end of June we visited with a research project underway in the Discovery Islands off of Campbell River where a small crew is sampling the juvenile sockeye salmon from the Fraser along their out migration to sea. Most of the Fraser sockeye travel up the Inside Passage and past many of British Columbia's 130+ industrial salmon farming operations. The sampling crew is finding alarming levels of lice on these juvenile fish, which represent Canada's most important run of salmon. Watch *Calling From The Coast's* latest film about a sea lice epidemic infecting Canada's most important run of juvenile sockeye salmon. <http://www.callingfromthecoast.org/>

MISSION CHALLENGE: EATING LOCAL ON A BUDGET

The 100 Mile Diet folks challenged people in Mission, B.C., to try local eating for 100 days starting June 1. Nearly 100 people signed up—and we couldn't resist signing up, too. Can a community change the way it eats? It's never too late to get involved: Join in for a month, a week, even a single meal. DAY 36 — The cost of eating locally comes up a lot. There's an assumption that going local is only for people with time and money to spare. Read about this amazing challenge at <http://www.100milediet.org>



and from our American cousins...

STUDY: EATING LOCAL FOOD IS CHEAPER

Locavore Nation is a year-long effort to see what it takes to live by a region-based diet. Fifteen individuals from around the United States share their experiences as they try to get 80 percent of their food from local, organic, seasonal sources and then incorporate it into tasty, healthy meals. Can they do it? Second-quarter results just came in, and seven out of 14 participants from different parts of the country reported spending less on food. Five said they spent the same as usual. (Which might be less anyway, given the rise in food prices.) The group size is small, but indicative. Participants are buying, on average, 80 percent of their food items from organic, regional sources within 50 to 500 miles of their homes. You can follow their stores here: http://splendidtable.publicradio.org/locavore_nation/

DISCOVERING THE FOOD
CLOSE TO HOME.

Enjoy the sun,
Bonita Magee
Project Manager



Get Local Metro Vancouver
July 2008 Newsletter
www.getlocalbc.org