

MADE IN CANADA – UPDATE



In the summer, new guidelines defining Product of Canada and Made in Canada on food labels and advertising were created:

Product of Canada: Under the new guidelines when the label claim Product of Canada is applied, all or virtually all of the significant ingredients, components, processing and labour used in the food product must be Canadian.

Made in Canada: The Made in Canada claim may be used when the food product is manufactured or processed in Canada regardless of whether the ingredients are imported or domestic or a mix of both.

Other Qualified Claims: Qualified claims for other food products that do not meet the new Product of Canada and Made in Canada guidelines may continue to be used. In particular, Roasted in Canada, Packaged in Canada, Distilled in Canada, Processed in Canada, etc. could be used provided that they are not false or misleading.

For more information, visit <http://www.inspection.gc.ca/english/fssa/labeti/inform/prodcane.shtml>

ZERO WASTE VANCOUVER



Helen Spiegelman, from Zero Waste Vancouver, is working with a group of citizens in the Lower Mainland who are organizing a campaign to prevent Metro Vancouver from building up to six waste incinerators in the region. They are concerned that this will prevent better use of materials -- especially food waste - and perpetuate our society's grab-and-go culture.

Campaign sign-on can be downloaded: <http://www.zerowastevancouver.org/files/Octobersignon.doc> with which they are hoping to gather a long list of individuals and groups to join them. They are getting a lot of sign-ons from the Fraser Valley, and they would love to add the names of individuals and groups from other food-growing regions. The campaign will officially launch on October 15, when they will put out a detailed backgrounder.

STORING ROOT CROPS

This is a very interesting article, sent to me from Aimee Watson from the food security community in Nelson, about simple storage of root crops. You can store some for up to 6.5 months. The article doesn't mention separating certain items, but the basic rules to that are don't store fruits & vegetables together (which is why most fridges give you 2 compartments, 1 for each) and don't store apples in the same "air space" as carrots or potatoes. The ethylene gas that apples emit can cause potatoes to sprout or to become bitter. http://www.garden.org/foodguide/browse/veggie/roots_harvesting/623

ROOT CELLAR STORAGE	Oct	Nov	Dec	Jan	Feb	Mar	Apr
tomatoes	1	2					
celery, leeks	1	2	2.5				
beets, pears	1	2	3				
apples, pumpkins, squash	1	2	3	4	4.5		
carrots, potatoes	1	2	3	4	5	6	
onions	1	2	3	4	5	6	6.5



THE ORGANIC GROCER CELEBRATES 15 YEARS IN SURREY!

Congratulations to The Organic Grocer! They are celebrating their 15th Anniversary and they are giving away 25 gift baskets and two \$100.00 store credits plus will be organizing several customer appreciation events! Visit their website (or store!) for more details: <http://www.organicgrocerweb.ca>

the Organic Grocer

UPCOMING EVENTS:

WORLD FOOD DAY IN RICHMOND

Yes, World Food Day is October 16, but this year, on October 11th from 1am to 2pm at the Richmond Cultural Centre, they'll be "Celebrating our Farmers and Local Food Heroes!" For more information, visit www.richmondprc.org

CHOICES MARKETS HEALTH FAIR

October 18, 25, and 26 Gluten Free Health Fairs: Explore the world of gluten-free living with informative seminars and plenty of tasty gluten-free treats! http://www.choicesmarket.com/pdfs/press/Gluten_Health_Fair.pdf

BUILDING COLD FRAMES FOR WINTER GARDENING

What: Construction workshop at Cedar Cottage Garden. We will be building cold frames to protect our winter vegetables from frost! Everyone is welcome to come and learn. We will also have snacks and a general garden meeting. When: Sunday Oct. 19, 2-4 pm Where: Cedar Cottage Garden is located at Victoria & Hull st, under the skytrain.

STEPPING STONES TO SUSTAINABILITY WITH GUEST SPEAKER MICHAEL ABLEMAN

Monday, October 20, 7 to 9:30 PM ~ Segal Graduate School of Business, 500 Granville St, Vancouver, BC Farmer, author, photographer, and world traveler Michael Ableman will share, using slides, his perspective on sustainable agriculture at home and around the globe. **Note:** There is no RSVP for this event. First come, first in. Limited seating. To find out more visit <http://www.metrovancouver.org/region/calendar/Pages/default.aspx>

FORK IN THE ROAD: Cultivating Food & Community in BC

October 24th & 25th at Langara College in Vancouver .What would happen if we made a conscious effort to create local food economies in our communities? For more information or to register, visit <http://www.ecovillagevancouver.ca>

WOMEN IN AGRICULTURE, STRENGTHENING TIES CONFERENCE

November 8, 2008, Penticton, BC. *Get Local Member Mary Forstbauer will be speaking at this.*

If you are a woman farmer, a farm producer, operating a business that is directly related to or supports agriculture, interested or considering a career in agriculture, then this conference is for you!

http://www.cfokanagan.com/womeninagriculture/wia_index.htm

Hosting a food swap: <http://eatdrinkbetter.com/2008/09/10/host-a-food-swap-party-five-ideas-for-themes-youll-love/>

ARTISAN SAUSAGE MAKING WORKSHOP

November 16, 2008 from 1-4pm in North Vancouver. For more info, visit www.slowfoodvancouver.com

EDIBLE BRITISH COLUMBIA – COOKING CLASSES

December 10th (Christmas Entertaining) with Chef Eric Pateman

November 10 and December ? (tba) with Chef Vikram Vij (participation by lottery/enter by October 31st)

For more information, please visit <http://www.edible-britishcolumbia.com/>

Happy Thanksgiving,
Bonita Magee
Project Manager



Get Local Metro Vancouver
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www.getlocalbc.org