

Growing Communities

The NACC's Northern Healthy Foods Initiative

Spring 2015

Inside:

- **Sun vs. Shade**
- **Fruit Tree Delivery**
- **Newspaper Seed Pots**
- **Grow North Regionals**
- **Spring Community Visits**
- **Summer Recipes**



Northern Healthy Foods Initiative
Miranda Crowe,
Project Coordinator

Northern Association of Community
Councils
160-117 King Edward Street E.
Winnipeg, MB R3H 0Y3

Phone: (204) 947-2227
Toll Free: 1-888-947-6222
Fax: (204) 947-9446
Email: nhfinacc@mymts.net



Welcome!

We look forward to providing community members with a bi-annual newsletter focusing on healthy eating & living.

If you have any article ideas, please send them in!

Stay tuned for our next issue in Fall, 2015!

Thank you for reading,

Miranda Crowe, NHFI Coordinator

The Northern Healthy Foods Initiative (NHFI) is a community-based program, which is designed to increase access to affordable nutritious food in Northern Manitoba communities.

NHFI assists Northern communities to build capacity in local production of food for local consumption, choose nutritional foods, implement strategies to lower the cost for healthy foods, leverage funding for projects, and create food based economic development opportunities.

Mission Statement

The purpose of NACC is to be a meaningful and effective advocacy group.

To improve the quality of life in Northern Association Communities by having positive, proactive meetings with Ministers and Cabinet on issues affecting our communities and to inform and involve community councils and residents in our progress.

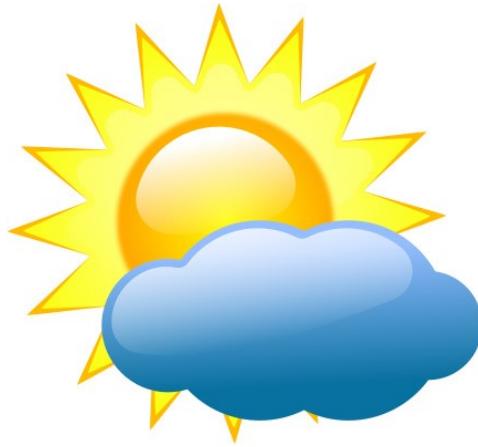
We believe that all communities are unique and that their needs and interests should be recognized.

Sun vs. Shade

It is a common misconception that the only place to grow vegetables is a site in full sunlight. Many vegetables will grow good in only partial sunlight. A good rule of thumb is if you are growing the plant for the fruit or the root, it needs full sun. If you are growing it for the leaves, stems or buds, shade is just fine.

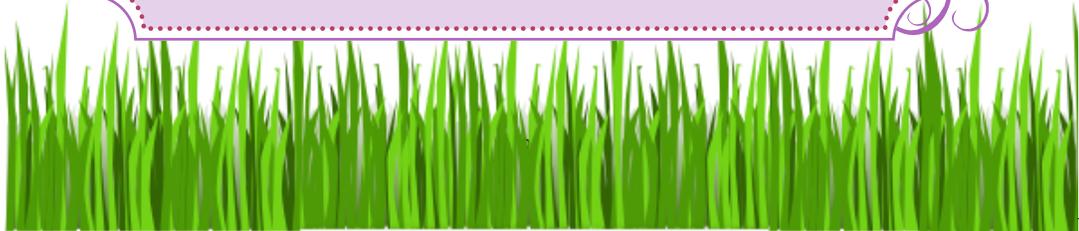
Keep in mind that no vegetable will grow in full shade, the following crops will produce with just three to six hours of sun per day:

- Salad Greens
- Broccoli
- Cauliflower
- Peas
- Beets
- Brussel Sprouts
- Radishes
- Beans



Did you know?

Soaking seeds in water before planting them in soil will decrease the amount of time it takes for the seeds to germinate, allowing your plants more time to grow!





WANTED: FRUIT TREE DELIVERY DRIVER

Driver's Needed From Communities for Fruit Tree Deliveries

NACC is looking to hire one person from each of the communities listed below to pick up their community's fruit tree orders from Swan River and deliver them to the community member list that would be provided.

A truck and trailer will ensure that the trees arrive in the communities healthy. Wages paid will depend upon mileage from community to Swan River, and will vary accordingly.

Pick up will be scheduled for sometime in late May or June. If you would like more information please contact Miranda at the NACC office in Winnipeg.

- ◆ Camperville
- ◆ Crane River
- ◆ Dawson Bay
- ◆ Duck Bay
- ◆ Meadow Portage
- ◆ Spence Lake
- ◆ Waterhen
- ◆ Mallard

Newspaper Seed Starters

You only need three things! Newspapers, scissors, and a small can. For seedlings, a six-ounce can (the kind that tomato paste usually comes in) is the perfect size. Grab two pages of newspaper and cut them into long strips.



Place your can on the newspaper and leave about an inch hanging off the end. Roll the can until it is covered by the newspaper.



Press any extra newspaper to cover the bottom of the can (you want to form a paper cup essentially).



Slide the can out and you've got a thrifty and biodegradable seedling pot! Don't worry if it seems like the pot is flimsy or unraveling, especially at the bottom. Once filled with seed starting mix and moistened, the pot is surprisingly sturdy and holds its shape well.

To read more, go to www.gardenbetty.com.

SPRING VISITS

NACC will be hosting workshops in communities this spring during the last two weeks of April. Seeds from the wish lists will be delivered at this time.

Communities Hosting Workshops:

- ◆ Easterville
- ◆ Dawson Bay
- ◆ Barrows
- ◆ Duck Bay
- ◆ Camperville
- ◆ Crane River
- ◆ Spence Lake
- ◆ Waterhen
- ◆ Meadow Portage
- ◆ Mallard
- ◆ Peonan Point
- ◆ Dauphin River
- ◆ Seymourville
- ◆ Berens River
- ◆ Pine Dock
- ◆ Matheson Island



WORKSHOP TOPICS

Workshop topics will vary by community, based upon need and interest, however the following topics will be covered:

- ◆ Vegetable Canning
- ◆ Seed Starting
- ◆ Fish Fertilizer
- ◆ Nutrition
- ◆ Jam Canning
- ◆ Meat Canning, incl. Fish
- ◆ Companion Planting
- ◆ Pest Deterrent
- ◆ Basic Gardening

If you would like more information regarding times, dates and workshop topics for your community, please contact the NACC office.

Northern Healthy Foods Initiative Grow North Regionals

This year, NACC will host two Grow North Conferences. Registration forms can be obtained from our office, and spots are limited so please reserve your attendance ASAP.

MAY 23rd and MAY 24th **Dauphin, MB**

Saturday, May 23rd

- ◆ Fruit/Vegetable Dehydration
- ◆ Pest Deterrent
- ◆ Soil Testing
- ◆ Bee Keeping

Sunday, May 24th

- ◆ Food Safety Handler's Course (incl. certification)

MAY 30th **Matheson Island, MB**

Saturday, May 30th

- ◆ Fruit/Vegetable Dehydration
- ◆ Pest Deterrent
- ◆ Soil Testing
- ◆ Fish Composting

Travel and meal subsidies are available on a first-come basis. Accommodations are available for the Dauphin Grow North Conference with limited spots available.

Lemony Green Beans With Almond Breadcrumbs

1/2 cup blanched and slivered almonds
6 tablespoons extra virgin olive oil, divided
1 garlic clove, minced
1/2 cup breadcrumbs
Zest and juice of 1 lemon
2 tablespoons finely chopped flat-leaf parsley
Flaky sea salt
Pepper
1 1/2 pounds green beans, trimmed



Lightly toast almonds in a skillet over medium heat.
Let cool, then transfer to a food processor and grind to the consistency of breadcrumbs.

Heat 2 tablespoons of olive oil in a skillet over medium heat. Add almonds, breadcrumbs, garlic, and lemon zest and cook, stirring constantly, until fragrant and golden. Remove from heat and stir in parsley. Set aside.

Place lemon juice in a small bowl and slowly whisk in the remaining olive oil. Season to taste with salt and pepper. Set aside.

Bring a large pot of salted water to a boil. Add green beans and cook until tender, about 5 minutes. Drain green beans, return to the pot, and toss with the lemon juice and olive oil vinaigrette.

To serve, arrange green beans on a platter, drizzling with vinaigrette left at the bottom of the pot. Sprinkle almond and breadcrumb mixture on top.

Summer Corn Salad

6 ears of corn, husked and washed
3 large tomatoes, diced
1 large onion, diced
1/4 cup basil, chopped
1/4 cup olive oil
2 tbsp. white vinegar
Salt and pepper to taste



Bring a large pot of lightly salted water to boil. Cook corn in boiling water for 7 to 10 minutes. Drain, cool, and cut kernels off the cob with a sharp knife.

In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar and salt and pepper. Chill until ready to serve.