

Healthy Foods Initiative

Communities

LETTER

Spring 2018



Welcome to our

We look forward to providing our
annual newsletter focusing on

If you have any article ideas

The Northern Healthy Foods Initiative is a
organization, which is designed to provide
nutritious food in Northern Manitoba.

NHFI assists Northern communities in

- Build capacity in local production
- Learn about healthy food choices
- Implement strategies to lower costs
- Leverage funding for self-sustainability
- Create food based economic opportunities

Mission Statement

The purpose of NACC is to provide
effective advocacy for Northern

To improve the quality of life in Northern
Communities by having positive
Ministers and Cabinet on issues
and to inform and involve communities
in our projects.

We believe that all communities have
needs and interests that should be

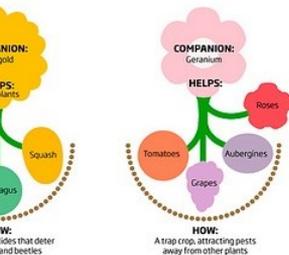
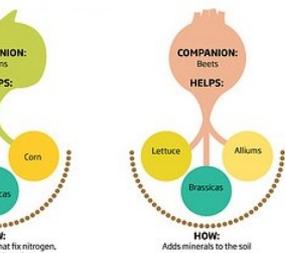
PLANNING MINDS

at School

Journal Topics

- ◆ **Reading Reflection:** Imagine that you are a cabbage and you are meeting your neighbor, a pumpkin, for the first time. What would you say? Draw a sketch of the two of you in your notebook.
- ◆ Herman the cabbage won a prize at the fair. If you were the judge, what vegetable would you pick as the winner? Why?
- ◆ If you were choosing a cabbage to buy, what qualities would you look for? How would you eat it?

is that certain plants may help each other in garden management or attract pollinators,



PLANNING Y

1. Decide what kind of plants you want from your garden.
2. Decide if the general layout of your garden will let you get the most out of the space.
3. Sketch your garden plan and identify where you want to plant. Consider sunny part of the garden, where there is shade all day, and where there is shade all day.
4. In the Northern hemisphere, a south-facing slope is warmer than a north-facing slope.
5. Rows can be planned to avoid too much shade.
6. An alternative is to plant in square patches.
7. Check the direction of the wind to see which parts of the garden are sheltered or exposed.
8. A slatted fence reduces the wind drastically.



Did

NHFI has a



Community Food Initiative

North

Meetings

February 23rd, February 24th

September 7th to 9th

to seeing you there.



Regional Roundtable,
Manitoba,
Community Foods Initiative,
of Community Councils

HELPFUL HINTS

- Bubbles often appear in the jar after food is still boiling in the jar. Ordinary product has been allowed to thoroughly process.
- The loss of liquid from jars during processing should not interfere with the keeping quality of the product if processed correctly and is sealed.
- It is better to overprocess food than underprocess. A little harm, but underprocessing may be harmful.
- Flat sour, a type of food spoilage, is caused by allowing precooked foods to stand in the jar. It may be prevented by using fresh products and storing. Flat sour shows no indication when the jar is opened.
- Mold can form only in the presence of oxygen. If mold is present, the jar should be discarded.
- The black deposit sometimes found on the bottom of jars is due to tannins in the food or hydrogen sulfide gas produced by the heat of processing. This does not affect the quality of the food.
- If a jar does not seal, use the food at once. Do not reuse the lids. Reprocess for the full recommended time.
- Two-piece vacuum caps seal by the contraction of the lid through pressure of the screw band. When the screw band is firmly tight, the jar is not airtight. During processing, the flexible metal lid permits air to enter the jar.
- Adjust two-piece vacuum caps by screwing the lid on until a point of resistance is met -- firm, not tight.
- It is not necessary for the liquid on the surface of the food to congeal only when there is a large amount of fat or connective tissue present.
- The loss of color from beets during canning is due to beets used or beets that are too old. Use dark red beets which are freshly gathered. Wash the stem and all of the root on, as they contain the coloring matter.
- Discoloration of peaches and pears is due to enzyme activity, which means that the temperature was not high enough.

VEGETABLES

germinate in 14 to 21 days. Keep soil moist.
ideal for small gardens and containers. Flowers

splants together for a gourmet salad blend.
es. Frost hardy.

Try peanut, blue varieties and Yukon Gold. Have

able on Earth. TIP: Grow "long day" varieties for
for lower latitudes. My favorite onion for storing
eds.

ly moist to prevent splitting.

continued harvest

s" pack a big nutritional punch.

le (above).

n gardens. Nutritional heroes.

Vertical, hardy, neat-looking plants.

ul white, pink or orange blossoms.

ool soil.

ss them around the garden like beach balls).

o best.

rost.

de plants every 3 to 4 years.

row in shade or partial shade. Adapts well to life

d in baths, iced tea.

avor that adds zest to salads.

t-have, vitamin-rich.

al; prefers well-draining soil.

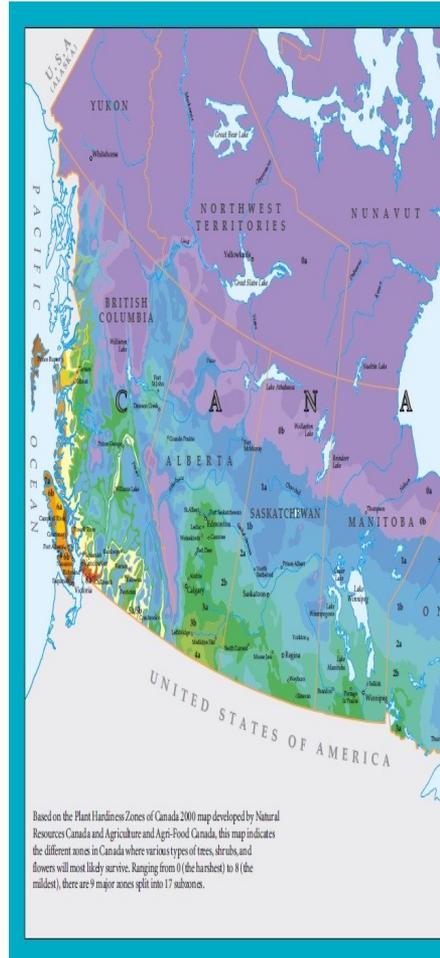
han, not Roman variety.

e replaced after several years.

es to seafood dishes.

bulb like onions; tops for herbs.

and protect over winter for a summer harvest



Spring can be the most exciting time of year for avid gardeners, except when we finally get to start gardening of course. It is the end of winter and the transition to the gardening season ahead. In order to get your garden and beds looking their best before the summer months, there are many things that need to be done. This is a list of things to do in your garden. The list includes tips for lawn care, lawn, perennials and grasses.

Thoroughly rake leaves and clip late summer

Before winter and need replacing
Pruning an edge on your garden is easier
Avoid getting trimmings on top of your

Address your garden with compost/

Application of mulch
Whether permits
Equipment. Make sure they work

Expose perennial roots
Damage, root systems are full of energy &
Cover
Mid-April with a complete fertilizer, high in

The Northern Association General Assembly a

AUGUST 15

MARK YOUR CALENDARS

LEARN

August 15—16, 2018 | Winnipeg,

RESOLUTIONS

We have a new process— visit our web
a page

Resolutions are d



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DID YOU KNOW...

NHFI has a compo