

Sound Food Notes

Parry Sound & Area Food Collaborative Newsletter



Calling Local Food Producers!

The Georgian Bay Biosphere Reserve's local food access map was lost somewhere in the digital wasteland. **Please help us rebuild the map!** If you make or grow food in or around Parry Sound District, please let us know. Key info includes:

- Product(s)
- Location
- Season if applicable
- Hours if applicable
- How to contact you for more information

Send this info to Glenda at info@gbbr.ca or call (705) 774-0978

E.A.T.S

EAT AROUND THE SOUND Akiing Gii Kan Ji Wiisniog

The Corn Moon ~ Namebine Giizas

TUESDAY AUGUST 8th 5:00pm - 7:00pm By Donation

Parry Sound Friendship Centre, 13 Bowes Street Parry Sound

What better way to celebrate than a corn roast and live music? Participants will learn about the traditional value of corn to the Anishinaabe people.



2017 WORKSHOP SERIES

Send us your recipes:

ParrySoundAreaFood@gmail.com

 parrysoundareafood@gmail.com

 Parry Sound Area Food

 www.ParrySoundAreaFood.com

 @psoundfood



Share your HARVEST



Grow a Row is a program run in many communities across Canada- including Parry Sound. It promotes edible landscapes in urban areas while teaching community members about how food grows. It also works to bridge the gap between those growing food, and those who have limited access to fresh produce. Participants are encouraged to **Grow a Row** of vegetables, herbs, or fruit in their backyard gardens, containers or planter boxes and share the harvest with our neighbours in need.

If you have excess produce, consider donating it to local community kitchens (St James Centre for Community), or a food bank (Harvest Share and the Salvation Army food bank). And think about an edible landscape for next year! It's a great way to learn about gardening and teach others too. Whether your vegetable garden is large or small, add an additional row, bed or plot and plant something extra to share!

For more information contact: Glenda Clayton at info@gbbr.ca or by calling (705)-774-0978

Food Charter Toolkit Action of the Month

Use these [toolkits](#) to learn how you can make a difference by putting the principles of the food charter into practice.

For example, to *Foster Residents' Health and Well-Being*:

- Incorporate more vegetables and fruit into [meals and snacks](#)
- Establish or [volunteer](#) in a community garden

The next PSAFC meeting is coming up in September after the "Falling Leaves Moon"