

Sound Food Notes

Parry Sound & Area Food Collaborative Newsletter



Welcome to Sound Food Notes, a bi-monthly newsletter with updates on food-related events, activities and projects by the Parry Sound & Area Food Collaborative (PSAFC) and other community groups.

News

Since the Parry Sound Food Labs (almost 1 year ago!) the PSAFC has continued to work on accomplishing pieces of their “Action Plan”.

PSAFC applied to Ontario Trillium Fund for their “Seed” stream. The goal is to hire someone to research a best model and/or adapt a successful model to enhance community connections through food. Community Living Parry Sound was the lead applicant.

Events

The Georgian Bay Biosphere Reserve (GBBR) was successful in getting the Ontario 150 “Celebration” grant to host 7 food-related workshops called ‘Eat Around The Sound- Akiing Gii Kan Ji Wiisniog’. The workshops and festival will celebrate local chefs, locally grown products and local food initiatives. Workshop themes have been chosen to correspond with food-related moons of the Anishinaabe lunar year.



Saturday March 25th is the first workshop on maple syrup production. “The Sugar Moon” session is from 1pm-4:30pm and will start at Canadore College Parry Sound and end with a guided tour of a sugar bush!

Visit <http://www.gbbr.ca/vibrant-communities/local-food/> to register

And keep checking our Facebook pages!



We hope to see you on Tuesday **March 28th** for a screening of “SEED: The Untold Story” at **7pm** at the Museum on Tower Hill in Parry Sound. Admission by donation (proceeds to local community kitchen programs)

Recipe of the Month

Bacon Wrapped Venison with Maple Marinade

(Care of Jess Nicksy)

- ½ cup vinegar
- ½ cup ketchup
- 3 tbsp maple syrup
- 1 tbsp soya sauce
- 1 tbsp mustard
- 3 cloves garlic, crushed
- Hot sauce to taste

- ½ lb venison steak or other wild game or lean meat
- ½ lb sliced bacon

- Mix marinade ingredients, set aside
- Cut venison into ½ inch cubes
- Wrap venison with bacon (usually 1/3 slice works well) and hold with toothpick
- Place meat in single layer in flat bottom container
- Pour marinade over meat. Cover
- Let stand in fridge at least 2 hours and preferably overnight
- Grill meat on BBQ or broil in oven

Send us your recipes:
ParrySoundAreaFood@gmail.com



The next PSAFC meeting is March 31, 2017 at 10am at GBBR (11 James Street) in Parry Sound

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