



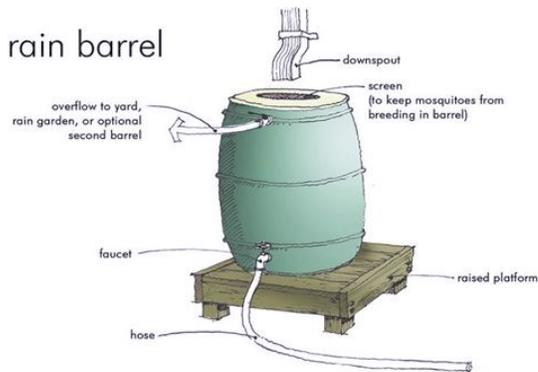
## Earth Month

April was Earth Month! To celebrate, PSAFC shared ideas from the Food Charter Action Toolkits. Here are a few ways we can tread a little lighter:

- Purchase food items with less packaging
- Conserve water; use a rain barrel to collect water for your garden
- Reduce food miles by sourcing local products. Join a Community Supported Agriculture initiative.
- Advocate for and support organizations that promote preservation of local waters and farm lands
- Learn about saving your seeds
- Encourage beneficial wildlife like bees and bats.

## Growing Tips

It's time to start acting on those garden dreams you had all winter. While it's way too early to put anything in the ground that is frost sensitive (cucumbers and tomatoes will have to wait), some veggies will thrive in the spring chill. Think sweet peas and spinach. As soon as you can work the soil, plant a row or two for an early and delicious harvest. (contributed by Jess Nicky)



### Food Charter Action Toolkits

Visit our website to find more ideas for :

- Schools
- Businesses, Institutions, Workplaces
- Policy-makers
- Growers
- Eaters

Celebrate the Anishinaabeg Lunar Year with the Eat Around the Sound workshop series! For "Flower Moon", a **Medicinal & Edible Plant Walk** will begin at Wasauksing Senior Centre at 10am on **Sunday May 28**. You'll enjoy fresh air, beautiful surroundings, and traditional teachings. To register, visit <http://www.gbbr.ca/vibrant-communities/local-food/> And keep checking our Facebook pages!

## Recipe of the Month

### Wild Leek and Potato Soup

(Adapted from [www.healthylivingmarket.com](http://www.healthylivingmarket.com))

- 2 large bunches or handfuls of wild leeks
- 8 med Yukon Gold potatoes
- 2 TB butter
- Sea salt and freshly ground pepper
- 1 qt vegetable or chicken stock
- 2 cups milk

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[ParrySoundAreaFood@gmail.com](mailto:ParrySoundAreaFood@gmail.com)

- Peel and dice potatoes. Melt butter in a medium large soup pot, add diced potatoes, a dash of salt and sauté. Add stock or water and bouillon and bring to a simmer.
- Wash and trim leeks. Cut one of the bunches into small pieces, add to soup pot. Simmer until the potatoes are tender. Blend soup as desired.
- Slowly add milk. Heat through until hot but do not boil. Cut up the remaining leeks and add to the soup. Stir and continue to warm. Season with ground pepper. Enjoy!

**In Your Neighbourhood:** Northern Angels fundraising group will be collecting auction items for Parry Sound Harvest Share.

The next PSAFC meeting is June 1, 2017 at 1pm at the Health Unit office, Parry Sound Mall

- [parrysoundareafood@gmail.com](mailto:parrysoundareafood@gmail.com)
- Parry Sound Area Food
- [www.ParrySoundAreaFood.com](http://www.ParrySoundAreaFood.com)
- @psoundfood