



Food Collaborative visits Town Council

On April 3 PSAFC shared information on backyard hens with Town of Parry Sound Council. In response, Council agreed to consider a zoning bylaw amendment to allow backyard hens to be raised in Parry Sound. The presentation is posted along with meeting minutes on the [Town's website](#).

10 Benefits of Backyard Hens

- 1) Fresh eggs
- 2) Teaching families where food comes from
- 3) Source of local food, reduced packaging/food miles
- 4) Companionship and mental health benefits
- 5) Reduced bugs
- 6) Entertainment
- 7) Waste reduction
- 8) Emergency preparedness
- 9) Garden fertilizer
- 10) Builds on existing sustainable food initiatives (e.g., Parry Sound Community Gardens)



Classic poached eggs

- 2 eggs
 - 15 mL (1 tbsp) white vinegar
 - 1 whole grain English muffin, split and toasted
 - Pinch fresh ground pepper
1. Bring a saucepan of water just to the boil. If it starts to boil, reduce heat so it is barely simmering.
 2. Crack an egg into a small bowl. Stir the vinegar into the water.
 3. Lower the bowl with the egg in it close to the water and gently slip the egg into the water. Repeat with remaining egg. Let eggs cook for about 3 minutes or until whites are set and yolks are soft, leave in longer for a

firmer poached egg. Using a slotted spoon, remove eggs, one at a time.

4. Place one egg on each muffin half and sprinkle with pepper to serve.

Makes 2 servings.

Tip:

Serve up a tasty new version of eggs Benny. Top a whole grain English muffin with cooked spinach and mushrooms. Place your poached egg on top with a dollop of tzatziki or 0% fat Greek yogurt.

(adapted from [Eat Well Recipes](#), www.canada.ca)

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All Are Welcome!

Our next meeting is Thursday
 May 10, 1:30, Health Unit office

Calling all Veggie Gardeners!



Starting seedlings for your summer vegetable garden? Consider supporting local community gardens by donating a few seedlings to our plant sale fundraiser. Drop off by **May 25**: Biosphere office, 11 James Street, 705-774-0978 or Community Living, 38 Joseph Street.

Film about the idea of a Basic Income

WEDNESDAY
April 25th



7:00PM MUSEUM ON TOWER HILL
17 George St. Parry Sound



GOLDEN GIRLS FILM & OVAL MEDIA COLOGNE
FREE LUNCH SOCIETY
 COME COME BASIC INCOME
 a film by Christian Tod

Food Charter Toolkit Action of the Month

April 23—27 is Earth Week

Visit the Food Charter [Toolkit](#) for action ideas that support healthy ecosystems. Here are some examples:

- Purchase food items with less packaging
- Reduce waste by composting and recycling
- Learn about [saving your seeds](#)
- Encourage beneficial wildlife like bees and bats

Saturday May 12th, 10:00—11:30 am

Introduction to Greenhouse Management

To register: gbb.ca/food or 705-774-0978