

Sound Food Notes

Parry Sound & Area Food Collaborative Newsletter



Fall Gardening

Submitted by: Rick Harrington

Fall is finally here and for many it is time to start adding organic amendments ('beneficial additions') to gardens in preparation for future planting. When it comes to adding nutrients, most gardeners feed *plants* whereas organic gardeners feed the *soil*, and fall is the best time to do this. Here are some reasons why:

- Soil is still warm and microorganisms are plentiful to break down your organic additions
- The compost pile you have been nurturing is finally ready to use
- Local sources of amendments are plentiful (fallen leaves, manure, garden waste like leftover tomatoes and cucumbers)
- The time between adding amendments and planting in the spring will allow for the soil marriage to take place so that nutrients balance out and are readily available for plants
- Soil is drier and materials easier to work in than in spring
- 'Cover crops' (winter rye/wheat, feed oats) can be planted to add nutrients and prevent erosion from harsh winds.

Soil testing is always recommended to determine current pH, Nitrogen, Phosphorous and Potassium. To ensure you don't add too much of a good thing, try adding small amounts of each amendment (thin layers of manure/compost or a dusting of bonemeal/bloodmeal/hardwood ashes). This will ensure that nutrients are readily available when the garden awakens and plants require them. Happy Hoeing!



SAVE THE DATE!

Hungry for Change: Food Insecurity Forum

The morning of Friday, Dec 1, 2017
Parry Sound

With keynote speaker Dr. Valerie Tarasuk

Principal Investigator at PROOF
(Food Insecurity Policy Research)
proof.utoronto.ca/



Many thanks to the volunteers, leaders and participants who were a part of this year's Harvest Festival & Farm Tour! This event included 6 workshops, a local lunch, and a tour to 2 area farms.

Dinner Idea

Easy Delicious Roast Beef

- 5 medium potatoes, quartered
- 2 cups fresh carrots chopped
- 1 onion, chopped
- 3-4 lb beef blade roast
- ¼ cup of your favourite mustard
- 1 Tbsp garlic salt
- 1 can beer or cola

Slow cooker method:

Place vegetables in large crockpot. Pour in beer or cola. Top with beef. Spread mustard over beef then sprinkle all over with garlic salt. Cover & cook on low for 9 hours or high for 5 hours or until beef and vegetables are tender.

Oven method:

Pre-heat oven to 350°
Use oven-proof pot with tight fitting lid and add ½ cup water to liquid.

Roast 3½ to 4 hours.

Freezing instructions:

Let cool and place in meal sized portion with liquid into freezer container. Defrost in fridge overnight. Reheat in saucepan over medium 'til heated through, add water if needed.

Send us your recipes:
ParrySoundAreaFood@gmail.com



Food Charter Toolkit Action of the Month

October is [Healthy Workplace Month](#). Workplaces can use [this toolkit](#) to find ideas for putting the principles of the food charter into practice. For example, to foster health and well-being :

“Establish healthy food purchasing guidelines with caterers and food service vendors to increase the number of healthy, regionally grown food options in cafeterias, vending machines and at special events and meetings”

www.ParrySoundAreaFood.com

Next PSAFC meeting is Wednesday
November 15, 1:30—3:30