



# Nourishing News

The Nourish and Develop Foundation's monthly newsletter

We invite you to learn a little about what we do and experience some other community highlights!

## Did You Know?

Community gardens offer a diverse array of benefits not only to the people involved but the community as a whole including health, personal wellbeing, community development and environmental perks. Have you got a green thumb but nowhere to plant? Could you use the support and guidance of someone with the green thumb that you may not have been blessed with? Do you feel that food grown locally, organically, and harvested at peak is the ultimate feast? Imagine saving money by growing your own vegetables and herbs! That's what the Community Garden is for! The Garden also provides plenty of fresh fruits and vegetables for the food pantry. One plot is approximately 16 by 14 feet and situated on a beautiful South facing hillside in Cannington beside the local school. It's time to get your seeds out! Many have started already, but we still have time to let some of our plants get a great head start. Join us on Seedy Sunday April 12th from 10-12 while Christine Halbot talks to us about the difference between hybrids, heritage, gmo seeds, cuttings/clones and tips on starting seeds; what kinds of seed to buy to help you succeed in your garden endeavour. There will be samples of seeds, cuttings & seedlings and a little handout for growing & selection for a great garden experience.



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## Hot Dates

**Food Pantry Fridays**

**Thurs.** April 2<sup>nd</sup>; 10<sup>th</sup>; 17<sup>th</sup> and 24<sup>th</sup> –Food Pantry 10-1pm

**Wed.** April 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup> Healthy Harvest Lunch –11:30-1:30 pm

**Fri.** April 3 to Monday April 6<sup>th</sup> – Office Closed for Easter Weekend

**Wed.** April 8<sup>th</sup> – Your House Design with Leona Kenny 10-12pm

**Sun.** April 12<sup>th</sup> – Seedy Sunday 10-12pm

**Wed.** April 16<sup>th</sup> –Diabetes workshop 10am

**Thurs.** April 16<sup>th</sup> – Bountiful Baskets p/u 11-3

**Tues.** April 21<sup>st</sup> – Table Talks 6:30pm

**Wed.** April 22<sup>nd</sup> – Discover Your Inner Chef



## Program Highlights

### FoodPantry



Angela and her volunteers Marg, Sue and Joan headed down to Oshawa to help Feed The Need prepare 100 thousand packages of meal/soup mix for people all over the world. WHO the World Health Organization deemed these packages as providing 100 percent of the daily nutritional value for those struggling to get that requirement with each package containing 12 servings.

### Food Skills Development

Last week we hosted the Food Handlers certificate course. Ten more people are now certified to prepare food and have the skills to keep their own families food safe.



Leona Kenny from LRT Interiors give us tips on how to decorate/declutter on a budget.

### Food Factors

KALE and Sweet Potato a dynamite duo  
Nutrition Facts of the mighty Kale

- very rich in vitamin K and vitamin A
  - high in iron and calcium
  - zero fats
  - filled with antioxidants
  - one cup of kale is filled with 10% of the RDA of omega-3 fatty acids
- Health Benefits:
- vitamin k can help protect against various cancers
  - great detox food
  - anti-inflammatory



- can help lower cholesterol levels
- good for the liver and immune system

*Things You Might Not Know About Kale:*

1. Kale has more vitamin C than an orange
2. Per calorie, contains more calcium than a container of milk

#### **Recipes:**

#### **Sweet potato and kale hash with fried**

**egg:**

<http://sharedappetite.com/breakfast/sweet-potato-and-kale-hash/>

#### **Caramelized sweet potato and kale fried**

**wild rice:**

<http://iowagirleats.com/2014/10/15/caramelized-sweet-potato-kale-fried-wild-rice/>

**Sautéed kale:**

<http://www.foodnetwork.com/recipes/bobby-flay/sauteed-kale-recipe.html>

## Table Talks

Last month was movie night at Table Talks! We watched *Dirt The Movie*, which was an educational and inspiring look at how people have become disconnected from the natural world; sharing that we need to learn how to not only respect mother earth, but how to replenish our resources for future generations.

This month Table Talks is on April 21<sup>st</sup> 6:30 pm. Cesar will host a talk about their trip to Saigon and how food is celebrated and distributed in Singapore. @TNDF and it's all FREE! Everyone Welcome!

## FANS Good Food Box

Congratulations to Millie, Marjorie and Taimour who won the draw for a Bountiful Basket at the North Open House which was a collaboration of several service organizations all working to support the people of North Durham.



A special Kudo's to Cannington's Trinity United Church and Brock Big Bite for supporting FANS (Fresh, Affordable, Nutritious, Seasonal) that will keep giving well throughout the year. Many other food boxes were sponsored by Ontario Works, benefiting low income families in Brock. **Order your FANS the 1<sup>st</sup> Thursday of each month and pick up the 3<sup>rd</sup> Thursday between 11-3**

## Wonderful Weeds



**Dandelion** is an herb that many people use to help with various conditions. Dandelion is used for loss of appetite, upset stomach, intestinal gallstones, muscle aches, eczema, and bruises. Dandelion is also used to increase urine production and as a natural way to keep regular. It may be used as a skin toner, blood and digestive tonic. Dandelion is a bitter herb. Bitters are herbs that promote appetite and most importantly stimulate the salivary glands to start the digestive process. By stimulating the liver, bitters aid in digestion along with the production of bile and elimination.

It's always been interesting to me how much people spend on cancer causing mixtures to get rid of



dandelions when it might just be that this lovely little bitter may hold a key to killing cancer cells. So let's kill cancer with Dandelions instead of killing Dandelions with cancer enhancers.

**Kudos Corner** Kudos to Bonair residents council for sending over a box of Easter Goodies for kids!

Kudos to Ben Deith for helping us out! Not only does he put on a comprehensive budgeting workshop, but he came out to the Healthy Harvest Luncheon to cut and serve up the ham.



**Kudos** to Tyson Richard who will be Brock's first Torch Bearer!

Tyson's 5k charity efforts, dedication to sports and many hours of volunteer work has led you to this amazing opportunity!  
So proud of you Ty! [Tyson Richard](#)

See more: [https://fbcdn-sphotos-b-a.akamaihd.net/hphotos-ak-xfp1/v/t1.0-9/11067456\\_889509181071874\\_3266092958210567295\\_n.jpg?oh=a1e930667ae41d3251f092f93c924ea0&oe=55A1B984&\\_gda\\_=1437941005\\_eb2bcef7a8b0e1ea75dc71a8a269be4d](https://fbcdn-sphotos-b-a.akamaihd.net/hphotos-ak-xfp1/v/t1.0-9/11067456_889509181071874_3266092958210567295_n.jpg?oh=a1e930667ae41d3251f092f93c924ea0&oe=55A1B984&_gda_=1437941005_eb2bcef7a8b0e1ea75dc71a8a269be4d)



IN ALLIANCE WITH  
COMMUNITY FOOD CENTRES CANADA



## Program Hours

**Nourish and Develop is open weekdays from 9 am- 5 pm**

**The Food Pantry is open every Friday from 10am to 1pm Join us for workshops, webinars or community events!**

Check out the Nourish and Develop Facebook page or [www.tndf.ca](http://www.tndf.ca) for details about how you too can be part of a grass roots way to *alleviate* poverty and increase equality.