



# 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?

Think that food is a basic human right? Did you know that over 142,000 babies are born each and every day in Ontario, unfortunately many of them become ill. Some babies will need a very special prescription based formula to stay alive. This formula can run a family from \$1200 a month and up. This is not a choice to put a baby on this, it's a medical necessity. We need to all get together and make this mandatory coverage. Go to this link and sign the petition. [Cover Formula](#) Baby Chase is one of those babies! He is happily working his way through his first year just passing the 10 pound mark at 9 months old.



Thanks to everyone who supported the Nourish Yard Sale! It was a

huge success. Below Rock Star Jeri and her crew Dave, Sue, Laura, Matt and Angela watch out for savvy shoppers like Celeste and her friend!



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## Hot Dates

The food pantry will remain open at the Nourish & Develop usual place at 33 Cameron St. E., all other events scheduled for Nourish and Develop will now be at the nourish community hub (NCH) 16 York St. in Cannington.

**Food Pantry Fridays** 10 am – 1 pm

Aug. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Wed. Aug. 5<sup>th</sup> & 19<sup>th</sup> Community Lunch** at the nourish community hub.

**Wed. Aug. 12<sup>th</sup> & 13<sup>th</sup> First Aid/CPR**

**Sat. Aug 8<sup>th</sup> Nite Bites**

**Sunday Aug. 9<sup>th</sup> Brock's Big Bite**

**Wed. Aug. 12<sup>th</sup> Garden meeting (MTCG)**

**Thurs. Aug. 20<sup>th</sup> –FANS Baskets p/u 11-3**

**Tues. Aug. 18<sup>th</sup> – Table Talks 6:30pm NCH**



## [Fight For Chase](#)

Ask us about TNDF's Formula One Fund

Nourish and Develop 16 York St, P.O. Box 580, Cannington, On L0E 1E0 705-432-2444  
[info@tndf.ca](mailto:info@tndf.ca)

<https://www.facebook.com/nourishanddevelopfoundation>

## Brock's Big Bite/Nite Bites

*Come out and share the enthusiasm while celebrating more of Brock's exciting events!*

### **Nite Bites Gala VIP ticket**

includes an intimate opportunity to chat with chefs Maddie and Kiki as they prepare a mouth-watering savory and sweet appetizer just for you! A wine pairing featuring Kawartha Country Wines compliments their offering. A food court lets you sample the varied flavours that produce the taste of Durham. You also get a VIP swag bag full of surprises and will be first in line for all the creative tastes, sounds and experiences of Nite Bites Gala! VIP tickets include a \$20 charitable receipt.

**Nite Bites Gala Premium Ticket** holders will enjoy a full evening program of tasting, inspiring food demonstrations, local art and a live and silent auction featuring specialty food and beverage products from across Durham. It's an experience to tantalize all of your senses with the sights, sounds, smells and tastes of Durham's food extravaganza!

**Brock's Big Bite Adult Lunch Ticket** will offer Fresh local food prepared and served by the volunteers from Beacan Presbyterian Church and the community. Mouth-watering salads, tasty beef au jus, corn fritters and homemade pies served with a chilled glass of Geissbergers Farmhouse Cider.



## Hub happenings

### **Community**

**Space...**Kitchen, dining room, board room and hot desk space are also available for individual and community use. Call Sherry at the Nourish Community Hub 705-432-

2444 for more details, rental and or in kind details. Check out our community calendar for up to date details on lunches, workshops and other events.

[nourish community hub calendar of events](#)

### **BYC**

There is still time left to sign up for the Brock Youth Centre Videography Summer Workshop from August 7 - 11th! Learn how to film, cut, and edit to make promo videos and short movies! On Sunday August 9th participants will be given the tools needed to go out and film Brock's Big Bite, a festival celebrating local food. You will have the opportunity to get real experience and put your name to a promotional video! For more information contact Emily Morrison at 705 432 2444

or <http://brockyouthcentre.ca/summer-programs-2015/> financial subsidies available.

## Table Talks

Last month Julie Belli shared some of her cheese making skills. There was such a keen interest to get more of a 'hands on' experience that we will make cheese making part of our 'Chop Brock' series starting in September. Table Talks on August 18<sup>th</sup> will be an interactive video on Food Security.



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**Chop Brock** Chop Brock is a new series featuring local farmers and budding chefs! Find out more on our Facebook page or call Kim. We are also putting ideas together to form a 'Master Menu' group. Come in once every 2 weeks and we'll make many meals together. Great for those who are strapped for time, meal ideas and or resources. Stay tuned for more info on both of these new food initiatives~~

### **Food Factor** Look what they are doing at the [The Stubborn Farmer](#)

Noodle-izing veggies is the kid's favorite cooking job here at the farm. It's a great way to enjoy our crops of the week in their freshest raw state- just add your favorite



summer dressing or sauce for a super quick and colorful lunch.

### **Nourish and Develop Programs**

Healthy Harvest Community Lunch continues every other week at the nourish community hub. On the 5<sup>th</sup> the kids from BYC are helping.

**Time For Lunch**

Join us at the nourish community hub on  
**Wednesday August 5<sup>th</sup> from 11:30am – 1:00pm**  
For our bi-weekly  
**Healthy Harvest Community Lunch**

This time we have the pleasure of lunch being made by the children involved in the Brock Youth Centre's "Kids In The Kitchen Summer Workshop Program"

  
Watch our Nourish & Develop Face Book site over the next week for the menu to be posted.

16 York Street, Cannington    [www.tndf.ca](http://www.tndf.ca)    705-432-2444    [nourish\\*hub@tndf.ca](mailto:nourish*hub@tndf.ca)

### **Wonderful Weeds**



**Borage** (*Borago officinalis*), also known as a starflower, is an annual herb, remaining in the garden from year to year by self-

seeding. The flowers are edible. The plant is also commercially cultivated for borage seed oil extracted from its seeds. Borage is used in companion planting. It is said to protect or nurse legumes, spinach, brassicas, and even strawberries. It is also said to be a good companion plant for tomatoes because it confuses the search image of the mother moths of tomato hornworms or manduca looking for a place to lay their eggs. Some claim that it improves tomato growth and makes them taste better. Borage grow and nibble on its delectable flowers as we meander through the other veggies and herbs. Traditionally *Borago officinalis* is used for respiratory and hyperactive gastrointestinal issues such as colic, cramps, diarrhea, airways asthma, bronchitis, and as a blood purifier. Borage also is known to work as a diuretic, useful for urinary and kidney or bladder disorders. We've featured Borage before, but can't get over how beautiful they look this time of year. In our community garden we purposely let it grow and nibble on its delectable flowers and we meander through the beautiful garden.

People with heart problems can benefit using the borage since it promotes better circulation of oxygen to the heart. As usual though always consult your health practitioner or pharmacist for advice.

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**Kudos Corner** Here volunteers sell for Helen's Milk and Mittens fund. Helen's family generously donated many of her belongings to start the fund. **Helen Martin** was an amazing supporter of our work at **Nourish & Develop**. She gave us a monthly donation to help make sure we had milk to give our clients and knitted over a thousand mitts, gloves, scarves and socks for our Christmas Stockings over the past few years. Everyone loved getting something knitted by Helen. In memory of Helen's generosity we have started a Helen's Milk and Mittens fund with all donations of knitting, wool or money going exactly where Helen would have put it, warm hands, feet and warm bellies.



Helen Martin Fondly remembered.

July 30, 1938-July 16, 2015



**Kudos** to Cannington Station 2 Firefighters who made Landon Ostertags day, along with all the other kids, big and small, who helped him celebrate his 3<sup>rd</sup> birthday.



**Big Kudos** to Jeri who worked tirelessly to make the old Patterson Building look like a genuine thrift store. Great work!



IN ALLIANCE WITH  
COMMUNITY FOOD CENTRES CANADA

**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.

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