



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?

The nourish community hub is open for business! Once known as the Brandon Bakery, a building that had sat empty for years and posed safety and esthetic concerns for the community is now a beautifully restored and functional community resource.



When David and Jen Slabodkin bought the old Brandon Bakery and the house from Ruth Snooks he promised her that he would take care of, restore and retain the integrity of the structures. That promise came to fruition as the community came together to help us celebrate the official opening of the nourish community hub. Thanks to everyone who has been involved from top to bottom in the making of this beautiful building where food, people and ideas meet.

In This Issue

Did You Know
Who is nourish community hub?
Food Factor
Nite Bites
Wonderful Weeds
Kudos Corner

Hot Dates

The food pantry will remain open at the Nourish & Develop usual place at 33 Cameron St., 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
July 3rd, 10th, 17th, 24th and 31st

Wed. July 22nd Harvest Community Lunch
at the nourish community hub.

Thurs. July 16th –FANS Baskets p/u 11-3

Fri. July 17th Chop Brock 2-5 NCH

Tues. July 20th – Table Talks 6:30pm NCH

Fri. July 24th & Sat. July 25th Yard Sale



Who's in the hub? There is nothing like working together as a team to get more



accomplished, get more people served, and add more collective impact in your community.

Nourish and Develop remains active taking time to engage, assess and offer opportunities for everyone, especially those in need to participate in educational, volunteer and social situations, helping them to be part of the solution to food insecurity and their own better wellbeing. Whether it be in Food Skills Development, growing in the community garden, volunteering in the pantry, sharing some of their own skills or working with another organization to help make going forward a positive experience, the nourish community hub will be a place to help make it happen.

North House... Now working out of the nourish community hub, North House offers homelessness prevention and outreach services as well as the WrapAround Support Process and food related programming to clients all over North Durham. Working with close to 300 clients every year, we ensure that those in north Durham with limited financial means are able to maintain stable housing and thrive in their communities. Our North House Catering offers employment and training to those with

barriers to employment and our community garden, The Garden of Eatin', supplies the Loaves and Fishes Foodbank in Uxbridge with 20 weeks of fresh vegetables, herbs and fruit. Working cooperatively with the agencies housed in the hub and with other organizations and individuals throughout north Durham means that we are able to do more with what we have.

Brock Youth Centre... Brock Youth Centre works with youth in Brock Township and North Durham to help youth Launch Their Dreams. We are an organization that helps youth turn their passion into self - employment opportunities, we offer a training program to help youth understand what it is like to own their own small business, and summer workshops teaching high tech skills 3D Printing, Videography, and video game development. We are active in the community and in the local high school. Our newest enterprise is a youth-run ice cream Parlour – Cool Cow – at 359 Simcoe St in Beaverton. Students are building their skills and learning, first hand, how to run a successful business.

We invite you to come support our youth and enjoy a Kawartha Dairy Ice Cream treat!

SERA Community Ventures... SERA Community Ventures helps develop locally owned social enterprises in Brock Township and the surrounding rural area.

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.

Table Talks



Thanks to Jim and his brother Gerry for sharing their aquaponics adventure with us. What an

amazing set up. The visit inspired us to do some more workshops on aquaponics.

At this month's Table Talks Julie Belli, the Cheese Queen, will show us how to make mozzarella! Please RSVP your spot.

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~



Cannington Station 2 Firefighters came to tour the hub. They thought it was great...and the ice cream with Emily's famous strawberry sauce passed too 😊

Wonderful Weeds

Motherwort (*Leonurus cardiac*) Wort is a nonwoody plant usually thought to have medicinal value. This alleged usefulness was sometimes based on the belief that if a plant

looked like some part of the human body, then it would be good for strengthening or curing a disease of that body part. Motherwort was first used by the Greeks to soothe the anxiety of pregnant women. This use continued and spread and gave the herb its common name. "There is not a better herb to take melancholy vapours from the heart and to strengthen it", wrote Nicholas Culpeper, the 17th century herbalist. Historically, the herb has been associated with longevity. An old legend states that there was once a town whose spring ran through a patch of Motherwort. All the local townspeople got their daily drinking water from that spring and all of them lived to be over 100 years old.

This amazing plant has two main actions (1) a nervine tonic to soothe jangled nerves and even hysteria, and (2) aiding congestion of the heart and strengthening heart tone. It also helps with all female disorders from stimulating menstrual flow when menstruation is absent for reasons other than pregnancy, relieving menstruation cramps and even menopause. Today many herbalists appreciate motherwort for its bitter principals, which are useful for digestive complaints.



Motherwort is ready for picking now! When identifying look for the classic square stem of all mint plants. Use caution when harvesting this prickly herb as the flowers arise from sharp clusters that can puncture the skin. Once picked, you can simply boil the kettle and steep the fresh flower tops for 5 – 10 minutes. You'll have a fresh cup of motherwort to sip and savour, enjoy!

Written by Penelope Beaudrow, Chartered Herbalist www.theginkgotree.ca

Nourish and Develop 16 York St, P.O. Box 220 ,Cannington, On L0E 1E0 705-432 2444
info@tndf.ca

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



Food Factor

No food goes to waste in the hub kitchen! The Cannington Lions donated the left over saugage buns from Canada Day. While it was an appreciated gesture and many went to families in their monthly food basket, we still had plenty left over. North House's Katie was having nightmares about what to do with all of those white buns! But! Being the Master Chef that she is, she took those buns and recreated them into puffs of heaven filled with pesto and roasted veggies. Accompanied by 4 different types of pesto made from garlic scapes from Alexanders farm. Watch out for our recipe page on Facebook and at www.tndf.ca coming soon to computers near you☺

Kudos Corner

Kudos to Reverend Janet Petrie who is retiring after 11 wonderful years at Cannington's Trinity United Church. Janet's farewell party



was a joyous event of memories, celebration and song. We all wish Janet an adventurous retirement and want her to know how much she is appreciated for all she has contributed to our community, how much she'll be missed, and how happy we are to have known her and partnered with the church group to have our community lunch. Thanks Janet!

Kudos to McCaskill's Mills Public School staff and students for choosing Nourish and Develop to share their proceeds from the Arts and Gala Evening! Thanks to teachers Lindsay and Carley for presenting.



**Nourish and Develop is proud to be
part of a good food organization!**



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 for details about how you too can be part of a grass roots way to *alleviate* poverty and increase equality.

Nourish and Develop 16 York St, P.O. Box 220 ,Cannington, On L0E 1E0 705-432 2444
info@tndf.ca

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