



# 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?

Even though much food is donated to the Food Distributors such as Feed The Need in Durham who supply the Food Pantry with the majority of what we share, there is still so much that is thrown in the trash.

France has passed legislation that will force the big supermarkets to give away instead of throw away.

[http://www.theguardian.com/world/2015/may/22/france-to-force-big-supermarkets-to-give-away-unsold-food-to-charity?CMP=fb\\_gu](http://www.theguardian.com/world/2015/may/22/france-to-force-big-supermarkets-to-give-away-unsold-food-to-charity?CMP=fb_gu)

On another hot topic GMO (genetically modified organisms) are creating quite the concern and confusion for many. According to David Suzuki "crops, when first introduced, were touted as the answer to world hunger. The argument was that by developing pesticide and herbicide resistant crops, farmers would be able to increase their yields and decrease their costs. Instead, bugs and weeds have become increasingly resistant to the widespread applications of these chemicals, leading to increased use of both. More spraying means more costs for the farmers, more damage to the environment and more health concerns.

Monsanto is the largest seed company in the world and owns about 86% of GMO seeds sown globally. It is also the parent of Roundup."

Find out more about what's in your food at <http://www.davidsuzuki.org/what-you-can-do/queen-of-green/faqs/food/understanding-gmo/>

## In This Issue

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Cool Cow Opens

<https://www.facebook.com/yummycoolcow?fref=ts>

## Hot Dates

June 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

Food Pantry Fridays 10 am – 1 pm

Wed. June 10<sup>th</sup> & 24<sup>th</sup> Community Lunch

Wed. June 10<sup>th</sup> Garden Meeting 6 pm

Fri. June 12<sup>th</sup> North Durham Social

Development Council AGM @ Nourish CH

Thurs. June 18<sup>th</sup> –FANS Baskets p/u 11-3

Tues. June 16<sup>th</sup> – Table Talks 6:30pm TNDF

Fri. June 19<sup>th</sup> – Nourish Community Hub

Fri. June 26<sup>th</sup> Rural Collaborative Summit



**Nourish  
Community  
Hub** we're

almost there!

Join us on

June 19<sup>th</sup> for the Grand Opening. BBQ and

Tour at 11:30. 38 B Cameron St. E in

Cannington Find out more at [www.tndf.ca](http://www.tndf.ca)

Everyone welcome!

Nourish and Develop 33 Cameron Street E., Cannington, On L0E 1E0 705 432 2444  
[info@tndf.ca](mailto:info@tndf.ca)

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

## Program Highlights

### Food Skills Development

It is with heavy hearts but full bellies ☺ that we say good bye to Carol and Helen. With the help of Helen, Faye, Nancy and others, upwards of 30 people came out regularly to the Community Lunch to eat well and socialize. Thanks for a great run from all of us at Nourish and Develop and the Community as a whole ☺



## Maple Tree Community Garden



All the plots are full and the orchard is planted. Bring on the sun and the thunder storms.

**Table Talks** Last month Jay Cuthbertson came out to the Maple Tree Community Garden and gave us some tips on how to make it even more sustainable.



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## Wonderful Weeds

### Red Clover

*Botanical name: Rheum rhabarbarum*

Red clover is considered to be one of the richest sources of isoflavones, which are water-soluble chemicals that act like estrogens. This herb may alleviate hot flashes, PMS, and contribute to overall breast health. It's known as an aid in lowering cholesterol, improving urine production and increasing circulation of the blood which may prevent osteoporosis and reduce potential blood clots and arterial plaques. Red clover is very high in protein and a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. If you are on medication always consult with your doctor or pharmacist about what foods may conflict with your Rx. For example if you are on anti-coagulants, red clover may enhance the effect of these drugs, increasing the risk of bleeding. The same is true of herbs and supplements that have blood-thinning effects (such as ginkgo, ginger, garlic, and vitamin E). Clovers in general are healthy to eat raw or steamed. Eat the flowers and the greens. It can even be ground into flour or made into tea. Clover is also a great nitrogen fixer for your lawn and garden.

**Food Factor Recipe** Rhubarb is a perennial vegetable, though it is generally used as a fruit in desserts and jams. You only eat the stalks, which have a rich tart flavor. The leaves of this plant are poisonous, so be sure that they are not ingested. Rhubarb is easy to grow, but needs cool weather to thrive. Rhubarb root produces a rich brown dye similar to walnut husk and has traditionally been used as a laxative.

### Margaret's Rhubarb Nut Bread

2 cups all-purpose flour  
 1 1/2 teaspoons baking powder  
 1/2 teaspoon baking soda  
 dash cinnamon  
 1 egg, beaten  
 1/4 cup vegetable oil (e.g., sunflower, canola, corn)  
 3/4 cup sour milk (or regular milk + 1 tsp. white vinegar; let sit for a few minutes, then stir)  
 1 teaspoon vanilla extract  
 1 1/2 cups diced fresh rhubarb (l before using)  
 Topping: 1 tablespoon butter + 2 together

Preheat oven to 350 F.  
 helpful to line the bottom with  
 Combine flour, baking powder, large bowl.



1 cup white sugar  
 also use frozen; do not thaw  
 1/2 cup chopped walnuts  
 tablespoons white sugar, mashed

Lightly grease a loaf pan. (Also wax paper)  
 baking soda, and cinnamon in a

In medium bowl, whisk together egg, oil, milk, vanilla, and sugar until smooth.  
 Add liquids to dry ingredients all at once and stir just until moistened.  
 Fold in rhubarb and walnuts. Spoon batter into a loaf pan. Sprinkle on topping. Bake at 350 F for 1 hour or until tester comes out clean. Cool 10 minutes in pan, then turn out on rack to finish cooling.  
 Best if wrapped and stored in refrigerator overnight so flavours can mingle.

#### *Whoa what's that?*



#### *Rhubarb fresh from the garden*



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**Kudos Corner** **Kudos** to Tyson, Terri and Gene Richard along with Raven Linton and a host of people who helped to pull off the Relay for Life Event at McLeod Park in Cannington. With the high school on strike the teachers, while wishing they could, couldn't help with the Cancer awareness and fundraiser so Tyson and Raven with incredible support of Terri and Gene made it happen. At this point the Brock Youth Team have risen over \$7600.00. Congratulations!



*Tyson and Raven voted King and Queen of the Relay  
Photos taken left to right by Terry Richard and Susan Wright*

*The Brock Relay for life team!*

*“Thank you again for all the businesses, organizations and individuals that generously donated to help make The Brock Youth Relay event happen!” Terri Richard*

More **Kudos** go out to Kathy F. for donating seed potatoes and to Dave Harvey for helping students get their volunteer hours at the Community Garden and of course to all of our volunteers and donors who along with Helen's milk money keep everyone fed nutritious food and healthy education 😊

*Joy and Chrissy brought us in some pet food donations from the Beaverton Lioness*

Proud to be part of the Good Food Organization



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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