



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?

In July 2015 Nourish and Develops Food Pantry served 100 families. That's 224 people from Brock Township! September 21st -25th is Hunger Awareness Week. [Hunger Count 2014](#) findings report that 374,698 Individuals were assisted by food banks in Ontario.



The Hunger Count report is the only comprehensive study of food bank use in Canada. It offers a snapshot of the people helped by food banks and other charitable food programs, looks at the causes of hunger and food insecurity, and offers recommendations to reduce hunger.

Take your best plant and save the seeds! Go to <http://seeds.ca/diversity/seedsaving> for step by step directions. Notice the date change for Table Talks on September 29th to hear Seed Library Guru Jacob Kearly Moreland speak about Seed Saving.

In This Issue

Did You Know
Seed Saving
Nourish and Develop programs
nourish community hub activities
Food Factor
Wonderful Weeds
Kudos Corner

Hot Dates

Food Pantry Fridays 10 am – 1 pm
Sept. 4th, 11th, 18th and 25th at the Hub
Wed. Sept 9 Garden Meeting 6 pm MTCG
Thurs. Sept 10 Food Handlers Certificate Course
Wed. Sept 2nd, 16th & 30th Community Lunches
Tues. Sept 15 Brock CHC Kids In the Kitchen
Thurs. Sept 17 Bountiful Basket Pick up
Tues. Sept. 29th Table Talks Jacob Kearly Moreland talks about Seed Saving



*Jordan Starr says goodbye to Sera
Bon Voyage...we'll miss you!*

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

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

Hub happenings

BYC...Together, Brock Youth Centre, Big Brothers Big Sisters North Durham, and the Brock Community Health Centre will be hosting A FREE BBQ at the Cool Cow Ice Cream Parlour in Beaverton Friday September 4th from 12 - 2PM! Come on out for a FREE hot dog or hamburger and learn about how we are working to create opportunities for youth in North Durham!

Mijia Stevenson from Sunderland, who participated in the Junior Achievement program at Brock High this past year, went to a business competition last week in Peterborough, Ontario called Next Generation Leadership Forum. Youth from all over the world whom also participated in Junior

Achievement programs, attended and were divided up into various teams and given a business challenge to solve. Teams were given the challenge on Monday and were to present in front of the forum on Friday. All week they attended speakers, workshops, and with their teams to solve the challenge. Three awards for overall winner, Innovation, and People's Choice were given out and Maijia's team was selected as People Choice winner by her fellow participants! Way to go Mijia!



North House... In April, North House purchased a 5 plex in Uxbridge. With lots of much appreciated help from Barb Smith we were able to get a great mortgage and we have set about trying to upgrade a very neglected property. Our aim is to make the units affordable and a place that anyone would be proud to call home.

In June we moved our offices into the Nourish Community Hub. What a beautiful, welcoming

and comfortable space to work in. Working out of Nourish will help us coordinate our services with the other organizations housed in the building. By coordinating our services wherever possible we are better able to provide a holistic approach that meets peoples' real needs.

Summer is usually a quieter time of year for North House staff. But not this year! July and August have been challenging as we saw a spike in calls from those facing housing insecurity. Our stats show that we have an increasing number of single women aged 45 plus who are facing eviction, poverty and a number of other issues. We've also seen a spike in seniors who are losing their homes due to the inability to pay the mortgage. As we work with these

clients we are hoping to pilot a 'Financial Fitness' program that will involve budgeting, accessing appropriate income supports, peer mentoring and volunteer trusteeship for our clients and others struggling with financial insecurity.



Don't forget about North House Catering! Have an event that needs catered? Call us at 705 432 8654 to learn more about how we blend great, healthy food with employment opportunities for those with barriers to employment. To learn more about North House, visit www.northhouse.ca.

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

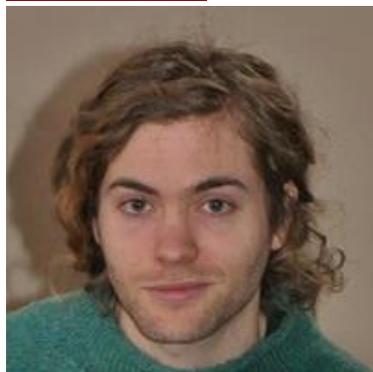
<https://www.facebook.com/nourishanddevelopfoundation>

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](#)

Nourish and Develop Programs

Table Talks Learn to save seed and grow



your community seed library. On Tuesday September 29th from 630-830pm at the Nourish and Develop

Foundation join local community gardener and seed librarian, Jacob Kearey-Moreland for an introductory workshop on saving seeds.

Learn about simple tools and techniques, and what you need to know to successfully grow and save yesterday's seeds today for tomorrow. From germination to isolation, broadcasting, forecasting and collection, drying, labeling and storage, participants will leave confident in saving seeds and strengthened by a growing local community of seed savers. All abilities welcome, exchange your questions for answers and bring your extra seeds to share.

Jacob Kearey-Moreland lives on a farm in Oro-Medonte and helps run the Orillia Seed Library, Orillia Community Gardens and is a co-founder of the Toronto Seed Library



and The Seed Library Commons, a non profit which exists to promote "literaseed" while networking and supporting seed libraries and seed sharing initiatives near and abroad. Jacob is also the first Cooperative Interdependent candidate for Simcoe North in the upcoming federal election - promoting cooperation amongst all people and parties focusing on addressing core human life needs.

At Nourish and Develop we love to partner with other organizations who also believe that giving people the skills they need to succeed is one of the best ways to actually support them to be part of their own success. SERA, GTTI and Just Cause have run 2 Introduction to Construction Programs over the past year. On September 14th we will embark on our final project together. We have a few spaces available so if you know someone who could use some practical construction skills training, certificates and the work clothing and gear so that they are ready to get the job have them call Kim 705-432-2444

Food Pantry is open at the nourish community hub every Friday from 10-1 at 16 York St. in Cannington. Remember to ask about our programming. Get involved and be part of the solution to food insecurity issues.

FANS ~ Bountiful Baskets Get yours or buy one for someone else. For \$15.00 you can have fresh, affordable, nutritious and seasonal produce at your fingertips. Come in and try some samples of recipes from the box.

Wonderful Weeds

[Jamie Oliver says!](#) *Jerusalem artichokes are sweet and almost garlicky and mushroomy and*

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

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

gorgeous. Although called artichokes they're actually tubers – like rough and ready potatoes. You can scrub and roast them whole like mini jacket potatoes and split them open, drizzled with a little chilli oil. You can even use them in a salad with smoky bacon. A Jerusalem artichoke's best friends are sage, thyme, butter, bacon, bay, cream, breadcrumbs, cheese and anything smoked.

Jerusalem Artichokes are a gorgeous alternative to roasted spuds.



At about 73 calories per 100 g, Jerusalem artichoke has many health benefits. It's low in fat and has no cholesterol, but is still high in nutrients including dietary fibre, antioxidants and other vitamins, minerals and electrolytes such as potassium which is heart bringing reduction in the blood pressure and heart rate by countering the effects of sodium. It is also a great source of inulin making it a good sweetener for diabetics.

Further, Jerusalem artichokes are a very good source of minerals and electrolytes, especially potassium, iron, and copper. Potassium is a heart friendly electrolyte which brings reduction in the blood pressure and heart rate by countering pressing effects of sodium. The tuber may be helpful in scavenging harmful free radicals, while offering protection from cancers, inflammation and viral cough and cold.

Food Factor Recipe

Sautéed Jerusalem artichokes with garlic

Ingredients

600 g Jerusalem artichokes
olive oil
a few bay leaves
2 cloves garlic
1 splash white wine vinegar
Salt and pepper to your liking 😊
To serve 4, you will need 600g/1lb

6oz of Jerusalem artichokes. Peel them, then cut them into chunks. Place them in an oiled frying pan and fry on a medium heat until golden on both sides, then add a few bay leaves, 2 cloves of garlic, finely sliced, a splash of white wine vinegar, some salt and pepper, and place a lid on top. After about 20 to 25 minutes they will have softened up nicely and you can remove the lid and the bay leaves. Continue cooking for a couple of minutes to crisp the artichoke slices up one last time, then serve straight away. I think they go well with both meat and fish and are particularly good in a plate of antipasti, or in soups or warm salads.

Kudos Corner



Marg, Joan and Roger have worked hard and are now ready for the 1st day of Food Pantry at the Hub. Thanks to all of the farmers and gardeners who have donated and people like Wendy who have come in to help us process the bounty.

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!

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

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