

SHUSWAP FOOD CONVERSATIONS 2018

FOOD - HEALTH - LOCAL ECONOMY - YOUR BUDGET - JOBS

Learn how these topics interconnect. Bring your ideas, articles, questions, and curiosity. Part of each evening will be devoted to discussion, related videos, or pertinent articles.

FREE ADMISSION -- OPEN TO ALL

Wednesday 7– 9 pm at Okanagan College, Salmon Arm *Drop-in basis

Hosted by *Shuswap Food Action Co-op* in partnership with *Okanagan College*

* College requests sign-in for this *General Interest lecture series*

March 21	TOWARD A LOCAL FOOD SYSTEM How does a system of local food production, distribution, and purchasing benefit the Shuswap? Where are we at, and where do we need to go to become self-reliant?	Wolf Wesle , Green Croft Gardens and President of the <i>Okanagan Food Hub Co-op</i> . Committed to educating the public about sustainable local food production, and encouraging future generations to eat and/or grow organic food.
March 28	The ATTRACTION OF BUYING CLUBS, CSA + CO-OPs Q. What stops people from buying in bulk and sharing the discounted cost, or from supporting community agriculture in all of its various forms? A. Nothing! It is done every week in the Shuswap.	Joyce Henderson , Salmon Arm <i>Good Food Box</i> (non-profit volunteers committed to bulk buying) Gabriele Wesle , Green Croft Gardens (Farmer's market, C.SA, & "Farm Gate" vegetables + berries) Chris Bauman , Monashee Community Co-op Richard Vignola , RanchoVignola (nuts+dried fruit)
April 4	THE UNSUSTAINABLE COST OF DISEASE What some local health professionals are seeing in their offices: could there be a relationship between what we consume and body health?	Dr. Warren Gage , Pediatric wellness Chiropractor Serena Caner , Dietician (<i>Shuswap Lake General Hospital</i>) and frequent contributor to <i>SA Observer</i> Dr. Samantha Boutet , Salmon Arm Naturopathic Clinic
April 11	REAL FOOD, REAL FAST Not all families can afford to buy organic. Come and learn a few tips on preparing inexpensive, healthy, quick meals from local products.	Eileen McKie , Food ideas you can use coupled with resources you can reference for recipes, cooking ideas, and nutritious eating.
April 18	LOCAL FOOD SPEAKS FOR ITSELF Six dedicated local producers give us a glimpse into their lives, and tell us just what it takes to bring quality food and drink to your table.	Kristen Bevandick , CrookedFenceFarm (veggies) Grant Smith , Balmoral Farms (grass fed beef) Chelsea Keenan , Keenan Family farms (chicken) Keith Boulter , SweetHavenFarm (mixed farming) Merel+ Barrie Voth , HillsideDreamsGoat(Dairy) Amanda Eastwood , Marionette Winery (wine)
April 25	STARTING EARLY: A SPRING PLANTING PRIMER Learn why, when, where, what, and how to plant food for your family.	Chris Guiver , Master Gardener and Salmon Arm community garden supporter Bert Revel , long time Salmon Arm gardener with a wealth of first-hand experience

Call Shelley Corbin or Ronn Boeur at (250) 832-1956 if you have questions

To pre-register, Call Okanagan College *Continuing Studies* (250) 804-8888 (Toll-free 1-866-352-0103)

Email ronn.boeur@hotmail.com

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MISSION STATEMENT

To empower each and every citizen of the Shuswap through Education Advocacy and Action to create a model community where everyone has access to healthy, affordable food in a successful, local economy.

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