

ISSUE 30 WINTER 2024

Abundance

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2016

From field
to fork

7



THE OFFICIAL PUBLICATION OF

Sask
organics
OF GROWN FOOD IN SASKATCHEWAN

INNOVATION IN FOOD

12

COVER CROPS IN
ORGANIC FARMING

14

STEEP HILL FOOD
CO-OP CELEBRATES
45 YEARS!

17

FREE
MAGAZINE

Abundance

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Upcoming Events

Organic Agronomy Producer Meetings:

January 10: Phosphorus Management in Organic Systems

February 14: Green Manures & Cover Crops

March 6: Growing Organic Flax

October 9: Grain Drying & Storage

November 13: Termination of Cover Crops

December 11: Crop Allelopathy & Weed Control

March 27 & 28, 2024: Advancing Organic Conference & Trade Show, Saskatoon

November 5-7, 2024: Organic Connections Conference & Trade Show, Saskatoon

SaskOrganics is always in the process of planning events. For the most up-to-date event list, stay tuned to our digital newsletter or visit our website events. <http://saskorganics.org/events/>

If you are not receiving our digital newsletter and would like to, please email admin@saskorganic.com and we will add you to the list.

Greetings from SaskOrganics in 2024!

Happy New Year to all! I hope your holidays were filled with great company, good food, and some time to relax.

We prairie folk endure many changes brought by the seasons every year. I am sure that is part of what makes us so resilient.

The dawning of a new year brings a lot of changes to SaskOrganics as well. You may be noticing a new face greeting you here. As you will have learned in the Fall issue, Marla Carlson, our Executive Director of nine years has moved on from SaskOrganics to pursue new challenges and adventures.

I want to take a moment to express my deepest gratitude for her dedication to SaskOrganics and the organic sector. Marla not only devoted herself in her years at SaskOrganics but in the numerous other hats she wore serving on boards and committees dedicated to strengthening and growing the organic sector in Saskatchewan and beyond. This magazine was one of her many passion projects and we hope to keep the vision and mission of *Abundance* alive!

Now I would like to welcome and introduce you to our new Executive Director, Michelle Beckett! The Board and staff are very excited to welcome Michelle to our organization. We believe Michelle's business and management experience and her organic family farm background will be an asset to SaskOrganics.

Michelle grew up on a farm in east central Saskatchewan that has been organic for almost 30 years! She has been learning the ins and outs of organic production ever since. Michelle has a BA in Political Studies, and went on to pursue a career in digital media and marketing including co-founding a tech and digital media company.

I look forward to working with Michelle in this next phase of SaskOrganics' growth.

In this issue's Nourish article, you will hear about the FCC



Food & Beverage Summit and catch up with some of the organic food companies that attended it, in the Sustain article you will learn the latest on cover cropping in the western Prairies from Dr. Myriam Fernandez, the Innovate article will introduce you to the Food Centre and the ways in which it has supported some organic companies get off the ground, and we get to showcase our 2023 photo contest winner!

All the best in 2024.

Deb Tuchelt
Programs Coordinator,
SaskOrganics



"It's all about the energy".



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A Buzz in the Prairie Food & Beverage Sector

By Deb Tuchelt

I had the pleasure of attending the Farm Credit Canada (FCC) Food & Beverage Summit in Saskatoon on November 8, 2023. This one-day event, hosted by FCC with partners Saskatchewan Trade & Export Partnership (STEP), Agriculture & Agri-Food Canada (AAFC), & The National Research Council of Canada Industrial Research Assistance Program (NRC IRAP), was the first of its kind held on the Prairies and created an exciting opportunity for local food and beverage companies to build relationships, make new connections, and find new market opportunities for their products.

A testament to the interest and need for such an event on the Prairies was how quickly the event reached capacity (with a wait list). There were over 225 registrants and over 25 food and beverage company booths, five of which were certified organic companies! Read on to learn more about a couple of them that were in attendance.

In the morning there was a great line-up of speakers on topics including AI in business, protection against cyberthreats, finding your brand voice, and an introduction to the new Canadian Indo-Pacific Trade Strategy.

In the afternoon, three successful food & beverage entrepreneurs—Erica Rankin of Bro Dough, Jake Karls of Mid-Day Squares, and Mike Fata, co-founder of Manitoba Harvest Hemp Foods—shared stories of

their accomplishments, challenges, and also their failures along their journeys to becoming successful companies in the retail market.

Jana Sobey, SVP of Fresh, Full Service for Sobeys Inc., in conversation with Peter Chapman of SKUFood, rounded out the program discussing the latest trends in the food and beverage retail market and some of Sobeys' plans for the future, including carving out more shelf space for local suppliers.

The day was filled with plenty of valuable information, resources, networking opportunities and inspiration for established food & beverage companies or anyone thinking about getting into the market.

With 23 per cent of Canadians buying more organic products than they were a year ago, and on average, spending \$184 weekly on organic groceries¹, organic food and beverage companies are well-positioned for opportunity. Events like this are important for supporting and growing this sector and I hope to see more local and organic products from Saskatchewan on the grocery store shelves as a result.

¹Canada Organic Trade Association, Quick Facts About Organic In Canada, 2023, <https://canada-organic.myshopify.com/collections/2019-quick-fact-sheets>



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From field to fork

Saskatchewan organic food processors find their way around the world

By Brook Thalgott

Saskatchewan is well-known around the world for the quality food our province produces year in, year out. While our raw ingredients find their way around the globe, so do a growing number of food products not only grown but processed here. *Abundance* caught up with two such processors (who both recently attended the Farm Credit Canada (FCC) Food & Beverage Summit) to discuss how they have taken Saskatchewan crops from the ground to grocery stores here, there and everywhere.

CANADIAN ORGANIC SPICE & HERB CO. INC. - WATSON

For Colleen Haussecker, her journey began with a health concern a decade ago. "I was diagnosed with breast cancer, and committed to becoming healthier," she said. "I wanted to 'spice things up' and sought out organic herbs and spices and didn't find much available."

She saw an opportunity early on in her search, and spent a year trying samples, finding sources and doing research—and in 2013, her company was born. She started with a line of retail organic spices, herbs and seasonings and has since expanded to include Saskatchewan-grown organic mustard seed, oats, lentils and legumes in her growing grocery line.

Today, the Splendor Garden brand of organic food products—which is manufactured, marketed and distributed by Canadian Organic Spice & Herb Company—can be found in over 1,000 stores across Canada as well as in various export markets around the world. She credits Saskatchewan's Trade and Export Partnership (STEP) for part of their global success. "STEP was an invaluable resource for us," Haussecker said. "It was the best membership we have purchased."

Haussecker has advice for growers thinking about taking the next step into food processing and production. "Look hard at your plan and do your homework well. Carefully identify the niche market that your products will serve," she said. "It's more than just putting out a product. It takes hard work and grit."

Most of all, Haussecker says you have to believe in yourself and your products. "You can't be afraid to sell yourself. It doesn't matter how good your products are, you have to sell them. You are your own best salesperson."

NORTHERN NUTRACEUTICALS INC. - SPALDING

For Northern Nutraceuticals Inc., their food processing journey began in the late 1990s when co-founders Kevin and Kathy Johnson were looking for a new challenge in their farm business. "Kevin especially wanted to try new and exciting things," said Lien Bertram, Northern Nutraceuticals, sales and marketing manager. "That led to a borage crop that no one really knew much about except that the seed was valuable."

The Johnsons planted the easy-to-grow wildflower, but the seed crop wasn't enough for them. They decided to crush the seed into oil, and after many, many faxes, found two buyers interested in the oil. "We're still doing business with one of those buyers today," said Bertram.

In the 20-plus years since that first crop, Northern Nutraceuticals has grown by leaps and bounds. The Johnsons no longer farm their own crops, but they source their organic ingredients—hemp, flax, and borage—from local growers.

"We're in the midst of expanding our production capacity," said Bertram. "Our products are now exported to a number of countries and we're on the shelves at many major grocery and health food retailers."

Bertram has advice for those considering a move into food processing. "You need to have a good support system, and work with the people you know. Also, don't be afraid to think big about your idea and where you want to take it."

She also says to explore the many programs and funding opportunities offered by organizations like the Business Development Bank of Canada (BDC), Export Development Canada (EDC) and the various levels of government. "There are a surprising number of funding opportunities out there for people looking to get into this space. Tap into all the resources available—the paperwork can be worth it."

SPLENDOR GARDEN PUMPKIN SPICE COOKIES WITH CREAM CHEESE FROSTING

Cookie batter

1 ¼ cup Splendor Garden Organic Gluten Free Whole Oat Flour
 ½ cup coconut oil
 ⅓ cup organic cane sugar
 ⅓ cup brown sugar
 1 tsp pure vanilla extract
 1 egg
 ½ cup pumpkin puree
 2 tsp Splendor Garden Organic Pumpkin Pie Spice
 1 tbsp cornstarch
 ½ tsp baking powder
 ¼ tsp sea salt
 1 cup Splendor Garden Organic Gluten Free Thick Rolled Oats

Cream Cheese Frosting

1 block of cream cheese
 2 tbsp half and half
 2 tbsp real maple syrup

Preheat the oven to 350°F. You can buy whole oat flour or you can make your own by adding 1 ¼ cups of rolled oats to a blender. Blend on high until a fine consistency is reached. Set aside.

Get a large bowl and add ½ cup of coconut oil, ⅓ cup cane sugar & brown sugar, and 1 tsp of vanilla. Beat with a handheld mixer until light and fluffy. Fold in ½ cup of pumpkin puree and 2 tsp of Splendor Garden pumpkin pie spice. Add whole oat flour, ½ tsp baking powder, 1 tablespoon of cornstarch, and salt. Mix with a wooden spoon until fully incorporated then add 1 cup of rolled oats. Cookie dough will seem very sticky, however don't add additional flour. You will be surprised how easily it rolls into cookies or you can use a medium cookie scoop to form cookies. Bake cookies at 350°F for 15 minutes. These cookies are exceptionally moist and soft.

After cookies have cooled you can dress them up with some cream cheese frosting. This recipe uses real maple syrup instead of icing sugar to sweeten the frosting. Combine 1 block of cream cheese with 2 tablespoons of half and half and 2 tablespoons of maple syrup. This cream cheese frosting pairs so nicely with pumpkin!

NORTHERN NUTRACEUTICALS INC. ORGANIC FLAX POWER BALLS

¾ cup creamy peanut butter
 ½ cup semi-sweet chocolate chips
 1 cup old fashioned oats
 ¼ cup ground flax seeds
 1 tsp vanilla
 2 tbsp honey
 ½ cup surprise of your choice (cereal, dried fruit, cocoa, coconut, cashews, etc.)

Combine all seven ingredients, place in the fridge and chill for 30 minutes. Remove from the fridge and roll into balls. Make sure the balls can roll around in your palms. If too dry, add a few drops of water or a spoonful of peanut butter, and if too moist, add a little more oats or cereal. Store in the fridge for up to 10 days.



Canadian Organic Spice & Herb Co. Inc.
 Watson, Saskatchewan



Northern Nutraceuticals Inc.
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2023 PHOTO CONTEST WINNER: ANYA SCHILLER



Anya Schiller,
Organic Farm near
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medium, or
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sized?

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Dr. Mehmet Tulbek, president at the Saskatchewan Food Centre



Inside the fermentation lab at the Food Centre.

Innovation in food

The Saskatchewan Food Centre, Its Programs, and Its People

By Mackenzie Brooks

Saskatchewan—it's an exciting place to be.

Think about all the stories we've told in *Abundance* magazine so far; innovation in Saskatchewan is a theme that stands out. We've told stories of ideas, turned into a plan, and then turned them loose on the world. In this edition of *Abundance*, we sit down with Mehmet Tulbek—the president of the Saskatchewan Food Industry Development Centre—to talk about its mandate, its programs and its future alongside producers who are innovating and taking ideas from conception to the world's grocery store shelves.

The Saskatchewan Food Centre is not just moving ideas forward, they are propelling local businesses and the reputation of Saskatchewan as an agri-food leader. The Saskatchewan Food Centre prides itself on their work alongside agri-food producers to innovate new ideas. It is, indeed, an exciting place to be.

AN INTRODUCTION

From his office in Saskatoon, Mehmet Tulbek explained the mandate of the Saskatchewan Food Centre: Create. Connect. Collaborate. Commercialize.

"What we do," said Tulbek, "is expand and drive innovation in Saskatchewan's agricultural industry." What does that really mean? Well, it means that Mehmet and his team work to make their clients' ideas work.

"We help producers, innovators and entrepreneurs move ideas from start-up to production by supporting them through research and ingredient innovation, food safety, infusing capital start up, product development and manufacturing. We even help to commercialize and market our clients' new products."

Since its inception in 1997, the Saskatchewan Food Centre has assisted in the development and processing of more than a thousand products for nearly five hundred clients in Saskatchewan. Think of the Food Centre as a "one-stop shop" that takes ideas to a finalized product and helps prepare you and your product for the marketplace.

"We also help our clients to scale up their production," says Tulbek. So, when you're ready to move from your local market to the big box store, the Saskatchewan Food Centre is ready to support your growth.

WHERE DO YOU FIT IN

Most Food Centre clients start with the Product Development Program. This program is managed by the Food Centre and is funded by the Sustainable Canadian Agricultural Partnership. In this program, clients and the Food Centre come together to increase value-added revenues, create prototypes and create or improve processing. This is where your idea leaps to a new level.

At the Food Centre, you can collaborate with their expert staff on food-grade crop quality, talk tech and food safety, take your product through



In the Innovation Suite at the Food Centre

their extrusion research and development, even take advantage of their engineering and process services to make your production seamless by applying data and life cycle analytics.

There's even a specialized program area for women in agri-food entrepreneurship. The FEAD program (Female Entrepreneurs in Agri-Food Development) prioritizes women entrepreneurs through mentorship and business development coaching to get business products to market.

In their Canadian Food Inspection Agency and HACCP (Hazard Analysis Critical Control Point) certified food processing plants, their more than 200 pieces of equipment can manufacture and produce snacks, jams, sauces, meats and dairy products which allows your operation to avoid extra costs investing in your own equipment. They even supply the expertly trained operators to work the production line for you. The Food Centre's processing plants are safety certified and can produce certified organic, halal and kosher products, too. That's a collaboration win!

WHAT'S ON THE HORIZON

In talking with Tulbek, it was evident that the team at the Saskatchewan Food Centre are very excited for the New Year when they will open the doors of the Advanced Food Ingredients Centre that will focus exclusively on fermentation, bio-processing, and other processing technologies.

Fermentation is one of the oldest technologies we know to process and consume products. "Wine, beer, pickles, kefir, yogurt, cheese—all these foods and drinks use fermentation," explained Tulbek. These foods—yogurts, kombucha and more—have become part of many consumers' diets today and fermentation only continues to grow in popularity. According to a July 2022 research report, Fermented Foods and Beverages Market Outlook, the market for fermented foods is expected to reach \$989.2 billion US by 2032. With the growing consumer interest and good nutrition profile, fermented foods are a segment to watch.

If you have questions about how fermentation (and which class of fermentation) or other technologies can pair up with the organic sector,

the Food Centre can help. Also, be sure to check with your certifier. Your idea could just be the Food Centre's next startup.

The Food Centre's new facility will open this spring and will include new equipment—reactors, centrifuges, separators and filtration systems. New staff, new partnerships and new ideas. It's an exciting place to be!

THE FOOD CENTRE AND ORGANICS

The Food Centre is already working with organic producers to turn organic fruits, veggies, grains, peas and berries into all kinds of certified organic goodies like snack puffs, energy bars and jams. "The organic market is important and interesting, and its organic consumers are driving this area from a clean food and even plant-based perspective and we are excited to support this food sector as it grows," said Tulbek.

You can already find organic producers and their products made in collaboration with the Food Centre on a shelf near you—local stores, grocery stores, Sobeys, and even Costco.

The Food Centre is looking for talented and innovative clients, and we already know that the organic sector in Saskatchewan is driven by people thinking in new ways. The organic sector is ripe with ideas, and the Saskatchewan Food Centre wants to hear from you. Bring them your dream, your niche in the market, and collaborate with them on the next exciting product.

Get in touch with the Saskatchewan Food Centre and get your idea on the shelf.

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Cover Crops in Organic Farming

ADAPTING TO THE WESTERN PRAIRIES

By Myriam R. Fernandez, Research Scientist, Head of Organic Research Program at the Swift Current Research and Development Centre.

Organic crop producers in the western Prairies have been mostly relying on legume green manure for nitrogen input and soil health. However, legumes grown in this region are susceptible to diseases such as root rot, for which there is generally no effective resistance. Root diseases could seriously compromise organic production in addition to affecting pulse yields. To mitigate these risks, among other reasons, successful organic production requires diversification of cropping systems, sequential and/or spatial, as green manures, cover crops, intercropping, and combinations thereof, among other practices.

Cover crops are multifunctional and can provide numerous benefits under organic management. Depending on the species, they can improve biodiversity, manage soil fertility and moisture, fix atmospheric nitrogen, enhance soil and water protection thus reducing soil erosion, improve soil organic carbon, suppress weeds, control diseases and other pests, increase microbial activity, and reduce greenhouse gas emissions.

Different cover crops vary in the quantity and quality of residues they produce. The functional groups used most commonly are: grasses,

brassicas and legumes. Because of different attributes, these species vary in the type of benefit they contribute. Competition, and physical and allelopathic effects, are usually higher with grasses and brassicas than with legumes. Among them, grasses produce large amounts of biomass and decompose slowly, brassicas are good biofumigants against weeds and other pests, while legumes add nitrogen to the soil and release it through their residues.

Cover crops can be planted singly or in mixtures where their benefits could be maximized. Mixtures can be more multifunctional than monocrops and can provide higher quality residue, better weed suppression, and avoid pathogen buildup, among other benefits. A desirable mixture should include high biomass and slow decomposing species for prolonged weed control in addition to nitrogen-fixing legumes which would benefit the companion non-legume and subsequent cash crop. Allelopathic activity can also be enhanced by growing species that produce diverse allelopathic compounds. Given that some species in a mixture might fail, a combination of diverse legumes and non-legumes are expected to increase biomass and thus the likelihood of getting a good ground cover. This would lead to better weed suppression and increased soil organic matter and fertility,

especially under non-optimal growing conditions, thus making them more resilient. They could then lead to an increase in the yield and quality of the following cash crop(s).

However, it is important to rotate cover crops given that growing the same species often may lead to pest problems. Thus, the entire rotation sequence needs to be considered when planning and selecting species and mixtures so that diseases and other pests are not carried over.

Timing of termination is important to ensure success in an organic system. In most cases, cover crops should be terminated at or before flowering by mowing, tilling, roller crimping, some combination thereof, or grazing. For mixtures, time of termination would largely depend on their intended purpose. Leaving cover crop residues on the soil surface after termination will protect the soil from erosion. Some tillage or disking might then be needed before seeding the following cash crop, especially in the presence of high amounts of residues or weeds. There also has to be adequate time between cover crop termination and subsequent cash crop planting to allow for sufficient residue decomposition, which will vary depending on the species and environment, and is especially important when dealing with biofumigation.

Climatic constraints such as a short growing season and limited fall moisture have led to a perception that cover cropping might not be suitable for the Prairies. This belief is largely attributed to most research on this practice having been conducted in regions with more favourable growing conditions, and/or to this practice having failed in the Prairies due to lack of adequate information and knowledge.

In the western Prairies, cover crops can be negatively affected not only in their development but also in the growth of subsequent cash crops. These regions have variable climatic conditions and are affected by drought, wind erosion, and short growing seasons. However, recent studies in this region have shown that the right cover crop selection, design and management for this environment can result in significant positive impacts of cover cropping by mitigating any negative impacts that others might have previously encountered, or believe to be so. Of utmost consideration is the fact that local factors such as climate and soil, among others, play a significant role in the performance and impacts of cover cropping.

Unfortunately, lack of information and research has led to a considerable amount of inaccurate and misleading statements regarding cover cropping not only in semi-arid regions but also across the Prairies. This led our Organic Research Program to undertake research into organic cover cropping to explore its viability in our environment, including its impact on the following cash crop.

Below is what we have so far concluded after our first seven years of cover cropping research in the semi-arid region of the Prairies. These research results will help organic producers embarking on this cropping practice, or trying to improve it, in their decision making.

- Our growing season is not adequate for growing cover crops successfully after harvest of a grain crop the same year, thus full-season cover cropping would be most successful and reliable.

- Most of the information available on cover crops applies to regions outside Saskatchewan, or are overall principles associated with this practice. It would be necessary to determine what works specifically in one's area. Given that the best cover crop species and mixtures are expected to vary by region in addition to year, locally adapted species are essential for their success. Thus, relying on one's own experience and that of others in the same area, rather than solely on external recommendations, would lead to a more successful outcome.
- Results from research in semi-arid areas can then be applied to other regions that might encounter similar conditions due to climate change.
- Limiting the components of a cover crop mixture would be better than including too many species.
- Using expensive cover crop seed in mixtures is not needed for the success of this practice.
- Because there is additional expense and planning involved in cover cropping, experimenting first with different species and combinations at a smaller scale is recommended.
- Although results from cover cropping might be observed after just one year, repeating this practice over time would be best to observe its full benefits.

Our research on cover cropping did not compare organic to conventional systems, however effects on yields have been reported to be more significant in the former. Cover crops have shown a higher potential for improving soil properties and restoring carbon in degraded or low-fertility soils than in highly fertile soils. This has led to the suggestion that the benefits of cover crops are especially important in soils with low organic matter and fertility.

In this regard, nitrogen cycling from cover crops is more efficient than from synthetic fertilizer, since their residues act like a slow-release fertilizer, with lower losses than from inorganic sources. This has resulted in higher protein content in organic than conventional wheat in another project conducted by our Organic Research Program.

Thus far, our studies have concluded that cover cropping is well suited to be part of sustainable and resilient management strategies for successful organic production in the western Prairies.

For more information on this cover cropping research (funded by the Western Grains Research Foundation and Agriculture and Agri-Food Canada through the Organic Science Cluster III), or other organic research, please contact myriam.fernandez@agr.gc.ca.

Further reading: www.dal.ca/oacc/osclll under Activity #9, and <http://saskorganics.org/production-resources/> under Swift Current Research and Development Centre-AAFC Research.



What is your favourite thing about growing or eating organic food?

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www.saskorganics.org/favourite-thing-about-organic

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by Deb Tuchelt

IS YOUR FARM SIGNED UP TO DRIFTWATCH?

FieldWatch, with its specialty crop site registry DriftWatch, is a mapping-based tool run by a non-profit firm located off-campus of Purdue University, Indiana, USA. This platform enables crop producers, beekeepers, and pesticide applicators to work together to protect specialty crops and apiaries. In 2014, Saskatchewan subscribed to the program and 84 organic and specialty crop producers were registered by the end of that year. By 2023, that number has increased to 362. This site features a map interface that allows producers to register their field locations, which can be clearly seen by aerial and custom applicators and used to chart their spray maps. Signing up is free and simple and may help protect the organic integrity of your farm. For more information and to register your farm visit www.driftwatch.org.

CANADIAN ORGANIC STANDARDS: WHO'S WHO IN THE COS REVIEW

The review of the Canadian Organic Standards (COS) is underway. For the next two years, volunteers from across the country will be reviewing the current standard, analyzing petitions for changes and discussing what should and should not be permitted in organic production.

Congratulations to Marie-Eve Levert for being elected to Chair the Canadian General Standard's Board Organic Agriculture Technical Committee! To learn how the Working Groups and Task Forces are created, meet the Chairs who will lead them, and for more information about the review visit the Organic Federation of Canada's website.

www.organicfederation.ca/2025-review-of-the-canadian-organic-standards

WHY DO YOU CHOOSE ORGANIC?

Sometimes things fall into place and this was the case with our farm in 1989. At the time, incorporating yellow blossom clover to build soil fertility, combined with concern for our health when using sprays and then finally encouragement from organic pioneers resulted in us transitioning to organic and ultimately over three decades of a challenging but very rewarding lifestyle.

Whether it's working with nature in all of its diversity, sharing ideas with our organic peers, or fostering relationships with our loyal organic beef customers, we are proud to be producing healthy, nutritious organic food which makes any challenges worthwhile.

— Donna, Organic Farmer, Ernfold SK

Steep Hill Food Co-op celebrates 45 years!

By Deb Tuchelt

2023 marks Steep Hill Food Co-op's 45th anniversary – a wonderful achievement and milestone! From the start, the co-op was all about building community, encouraging sustainable living, and connecting local producers to consumers. The store provides a friendly, ecologically-oriented food shopping alternative to the large grocery chains, proving local independents matter to consumers. Steep Hill is a non-profit co-operative offering high-quality whole food at fair prices to members and non-members alike. I asked Steep Hill board member Cathy Holtslander how the community celebrated this milestone. "We held a big potluck party at Amigos on November 14, enjoying delicious food, sharing stories and laughter, along with great music, and a historical display of photos and documents," she said. "We were thrilled to have several founding members present and gave them each a special memento of appreciation. Establishing Steep Hill in 1978 was a huge accomplishment. Keeping our little store going, building our membership, putting in volunteer time, and making sure that our members and larger community have access to organic, local, fair trade, healthy food through thick and thin is something we can be proud of!"

Happy anniversary and congratulations to the members of Steep Hill Food Co-op!
www.steepphillfood.ca

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