

Cafe Producer and Supplier Profiles

Includes:

Final Report

By

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Trent Community Research Centre

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COMMUNITY BASED RESEARCH PROJECT

The Seasoned Spoon Cafe Producer & Supplier Profiles

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Completed for: Seasoned Spoon Café, Host: Aimee Blyth
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Abstract

The Seasoned Spoon Café is a non-profit, vegetarian, cooperative cafe located in Champlain College on Trent University's campus in Peterborough, Ontario. The Season Spoon Cafe is committed to improving food security of the local community. The Cafe Producer and Supplier Profiles community research project was designed to showcase the Season Spoon Cafe's producer and suppliers through a web-based mapping application developed and embedded on the Spoon's website along with a storyboard created for display at the cafe. These two deliverables highlight the organic, natural, and locally sourced food served at the Cafe and is intended to connect the Spoon's community to a variety of their producers and suppliers. The main findings of this report show that: food sourcing occurs primarily within the desired foodshed; produce (fruits and vegetables) is the dominant type of food producer; and the Seasoned Spoon Cafe sources from a combination of small and large business operations for various products. Community members are encouraged to use these educational tools to meet their food producers and suppliers, and potentially source their household food from them. These actions aim to strengthen local food security of the Seasoned Spoon community.

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Introduction

Since 2003 the Seasoned Spoon Café - a non-profit, vegetarian, cooperative cafe located on Trent University Campus in Champlain College - has committed itself to serve “ethically, fairly traded, locally or organically grown foods with the ultimate goal of growing a regional food system that is sustainable, inclusive and just” (The Seasoned Spoon Cafe, 2016), thereby strengthening Peterborough’s food security. The Spoon recognizes that a large amount of time and energy goes into sourcing the local, delicious ingredients served at the Cafe and thought it would be helpful to develop educational, storytelling tools, such as an online map and storyboard, that connects the community with their local food sources.

Project Purpose/Objectives

The Cafe producer and supplier profiles project objective is to creatively tell the story of where the Seasoned Spoon Cafe’s food comes from. Through telling these stories and profiling the suppliers it is the hope of the host organization that linkages and relationships can be formed between Trent University community members and the local food suppliers.

Study Area

The study area boundary encompasses the region in which the suppliers of the Seasoned Spoon Cafe are located. These locations are relatively close to the Seasoned Spoon Cafe and mainly within the desirable foodshed (within 100km of Peterborough) depicted below in Figure 1.

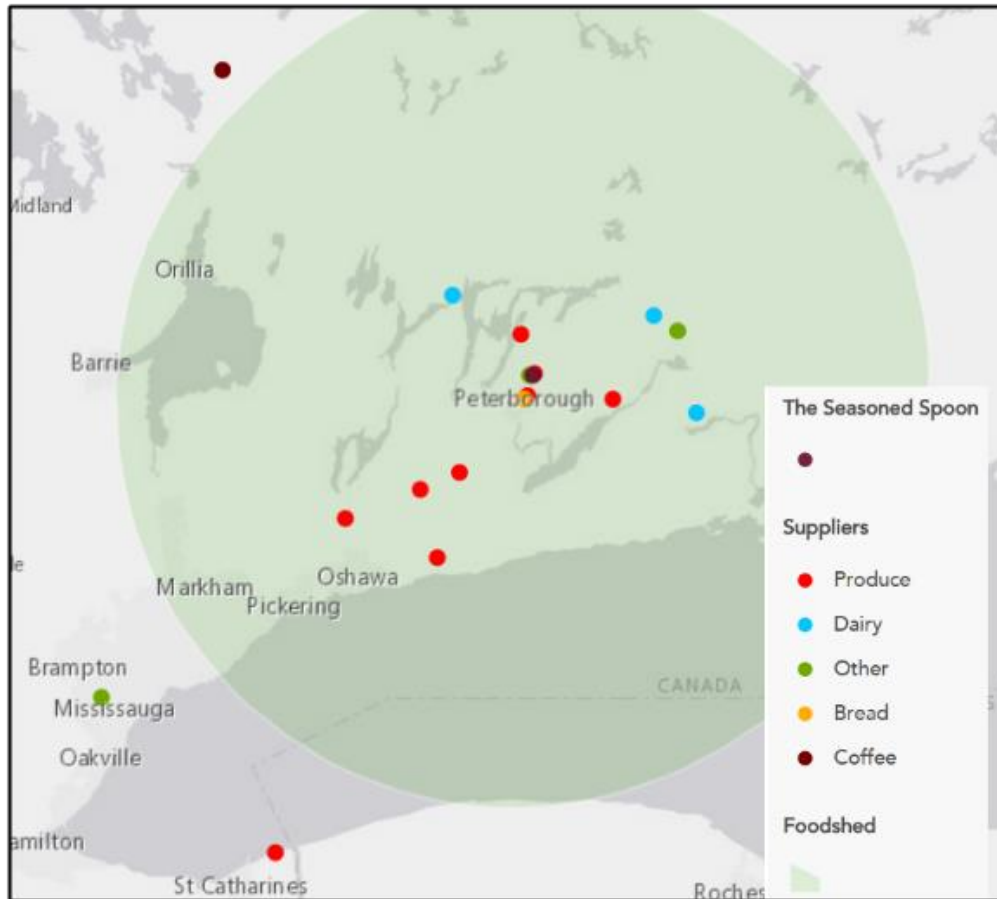


Figure 1: Study area map indicating the Seasoned Spoon’s desirable foodshed and location of suppliers.

Research Questions

- 1) Where does the Seasoned Spoon Cafe source its food?
- 2) Who are the key farmers, gardeners, and suppliers of the Seasoned Spoon Cafe?
What is their story?
- 3) What is the relationship between the Trent Vegetable Gardens and the Seasoned Spoon Cafe?
- 4) How do Seasoned Spoon suppliers retail their products?
- 5) Are there additional suppliers that the Seasoned Spoon Cafe should be considering?

Deliverables

The deliverables of the project included a project report, website with interactive map and a storyboard visual display. The project report is a detailed report of the project's objective, methodologies and the raw data collected. The report included alternate suppliers, found throughout the research process. The website and interactive map consist of one website page with an interactive map displaying all suppliers. When users select locations on the map a concise supplier profile pop-up window appears. The storyboard visual display is a 36" X 47" cartographic poster that includes a basemap of the foodshed, customized symbolization as well as highlighted profiles of Seasoned Spoon Cafe suppliers conveying the story behind the Seasoned Spoon Cafe's local food.

Key Research Terms

The following terms will be used throughout the report and are therefore defined below for coherence:

Co-operative Cafe: The Seasoned Spoon Cafe defines a co-operative cafe as being a self-governed, membership based association in which members strive to meet the economic, agricultural sustainability and social justice needs within the local food system.

Food Security: Fostering a local food system which is economically, environmentally and socially sustainable, enabling human growth and prosperity.

Foodshed: The geographical region in which food is produced, transported and consumed.

Food Sourcing: Obtaining food from various suppliers.

Highlighted Profiles: Seasoned Spoon Cafe suppliers who have been identified to be showcased on the storyboard display (a project deliverable).

Not-for-Profit: A not-for-profit organization does not earn profits for its owners but instead puts the money back into the organization to support their mandates.

Storyboard: A visual display that eloquently tells the story of selected Seasoned Spoon Cafe suppliers and their agricultural history and practices. This is a deliverable of the project.

Suppliers: This term refers to the Seasoned Spoon Cafe's product suppliers and producers.

Sustainable Food: Good quality food that is able to be stably produced locally for generations to come.

Literature Review: Local Food Security

Concerns about the global food system's abilities to properly feed and nourish the world's population has driven the notion of food security (Rae and Pardey, 2014). Discussions regarding the imbalance of food demand - as a result of rapid human growth- compared to food supply have indicated needs for increases in agricultural production. However, increasing food production is not enough to reduce global world hunger. Food security not only aims at eliminating hunger by providing access to food for all people, but it also strives to create sustainable food systems that produce healthy and safe food (Food Secure Canada, 2015). Communities have developed and continue to develop local initiatives that aim at improving local food security. The Seasoned Spoon Cafe is committed to improving food security in their community. Food security is central to the life and growth of a community because it strives for open access to nutritious and safe food, thereby supporting good health (Wakefield et al.,

2015). The following will investigate some of these initiatives and explain their relationship or contribution to food security.

Sustainable Agriculture

Humans transitioned from foraging to farming about 10,000 years ago (Kesavan, 2015). Farming has evolved over the years to become more efficient and to increase crop yields. For example, farming began with human powered equipment such as ploughs and drawing water and has moved to fossil fuel technologies. But the real concern is how to make these farming outputs and techniques sustainable. Sustainable agriculture is defined by Ikerd (1990) as being farming operations that are able to maintain their production levels for future generations and that aim to conserve resources, be environmentally minded, and socially accepted. Sustainable agriculture is becoming more of a concern as population has increased and is expected to increase in the future (Dinham, 1997). It has been predicted that a 30% increase in food demand will occur at a global scale by 2050 (Wezel et al., 2014). Related to this issue is climate change and the risks this will impose on agriculture. In some areas of the world, global warming is expected to have detrimental effects on agriculture such as; freshwater scarcity, more frequent extreme storms, and an increase of different pests (Swaminathan, 2012). Global warming is predicted to have some positive impacts in Northern America because growing seasons may be extended and therefore an increase in crop yields could occur (Swaminathan, 2012). However, it is hard for farmers to implement sustainable practices when future climatic trends are not known. Therefore sustainable agriculture will be needed now more than ever to ensure food availability for everyone.

Common local agricultural practices, such as organic crop fertilization, crop rotations and biological pest control, have been used for a long time (Wezel et al., 2014). Humans create pesticides to deter pests, however pests can develop resistance, and therefore, this is not a long term solution (Kesavan, 2015). The 'green revolution' represents a time in the late 1950's when productivity increased dramatically due to

uses of new chemical fertilizers, synthetic herbicides and pesticides as well as the growing of high-yield crops and multiple crops. This was very beneficial because it allowed productivity to increase to support the growing population. However issues such as environmental pollution arose from the chemicals present in these new advances (Kesavan, 2015). A more current 'evergreen revolution' era aims at achieving high agricultural productivity without the environmental and social harms as seen in past techniques (Swaminathan, 2012). Kesavan (2015) suggests that frontier technologies should be integrated with farmers traditional knowledge to create 'ecotechnologies' that could increase agricultural productivity. In accordance with this, Feola et. al. (2015) suggest that a new approach is needed for developing sustainable agriculture in which farmers behaviour needs to be examined to understand what programs will be successful. This is because farmers are the individuals who will be implementing the sustainable policies and programs. Therefore, local sustainable agricultural practices should be examined at the local scale to investigate what techniques would be best suited for a given farmer and their farm.

Sustainable agriculture plays an extremely important role in terms of improving food security (Shetty, 2015). By implementing sustainable agriculture practices, communities will have a stronger sense of food security in regards to food production. Sustainable techniques such as crop rotation, organic fertilization techniques or crop diversity could be performed at the local scale to help support sustainable agriculture. However, this is just one component of food security. However, achieving sustainable agriculture does not ensure food security because residents may not have access to this food (Kesavan, 2015).

Local Foods

Local food can mean many different things to different audiences. The terms 'local food' or 'localization' are rarely transparent, often used as catchwords writes Hinrich(2003) and can hold multi-faceted, sometimes contradictory meanings. Knowing

and considering the practises and politics surrounding 'local food' is important when considering local food and its contribution to food security.

However Hinrich notes that counting 'food miles' reinforces the environmental logic of local food, bolstering the case for more local food and less food miles in the distribution process. Thus, using less energy and lessening the impact of greenhouse gas emissions as result of decreasing the amount of transportation of traditional food distribution distances and methods (Hinrich, 2003).

Many local food campaigns begin with connecting the producer and consumer in a face to face interaction (Hinrich, 2003). A number of local food direct marketing initiatives have been driven by the producers as a result of economic downturns in traditional markets; for example, the farm crisis in the 1980 (Hinrich, 2003). Another popular initiative to increase the awareness of local food is the idea of 100 mile dinners or banquets. At these events, suppliers and producers showcase their products along with a variety of other local products. The popularity of such events has grown tremendously over the past few decades.

In Ontario there have been many successful local food campaigns to date: Food Secure, Foodlink Waterloo, Kawartha Cooperative, Halton Fresh Food Box Program, Local Food Plus to name a few (Landman, 2009). Awareness is key to the success of local food campaigns and its impact on food security in a region. The province of Ontario implemented a very successful "Foodland Ontario" marketing campaign which enables consumers to clearly recognize products grown in Ontario (Landman, 2009).

Supporting a local food network through buying at the farm gate, at a local farmer's market, or joining a community supported agriculture program, has proven benefits that outweigh the cost of products. These benefits include a sense of place, an ability to participate within the food system, and reduced waste compared to grocery stores as local food aims at meeting the demands of the community. To the growing

number of people buying local food it means more than just buying groceries, it has become an experience, another way they contribute and participate in their local communities (Polimeni, 2006).

Local food awareness, education and participation are key factors in directing the future of local food and its impact on food security. As a consumer it is important to do your research about the producer or supplier of the 'local food' you intend to purchase.

Organic Farming

Organic agriculture is defined by Scialabba and Hattam (2002) as an environmentally and socially sensitive food supply system. And according to Agriculture and Agri-Food Canada (2014), "today the organic food market is described by industry analysts as the most dynamic and rapidly growing sector of the global food industry". Organic farming is becoming more popular in society, as people are concerned about impacts associated with chemicals and environmental pollution produced from modern practices (Liu & Gu, 2016). Whether this growth is due to consumer demand in developed countries or caused by the low inputs necessary to be successful in resource poor regions, nonetheless, organic farming is becoming prevalent globally (Rosegrant, 2006), even though organic farming only occupies 1% of agricultural lands worldwide. Therefore, one might think: how does organic farming play a role in the concept of global food security? The following example will demonstrate how organic farming has provided a community with a sense of food security.

The best localized example that exemplifies the role of organic farming and food security is the historical example of organic farming in Cuba. After losing over 80% of their importing power; calorie intake of Cubans fell dramatically, they did not have fuel for their tractors, or fertilizer for pest management practises. In consequence, they realized that their agricultural sector had to undergo a massive reconstruction phase (Scialabba, 2002). Throughout the 1990's, Cuba's agricultural sector grew to accommodate the needs of the Cuban people. By the early 2000's, Cubans had

increased their calorie level, increased commercial crop yields and non- certified organic urban agriculture in home gardens, and raised container beds and intensive gardens (Scialabba, 2002).

Organic farming has a role to play in the goal of achieving global food security. However it is evident that organic farming can be achieved in many different formats depending on the agricultural resources and landscape available to the farmer.

Nutritious Food Accessibility

As mentioned earlier the 'evergreen revolution' at a global scale aims at increasing the availability and access to food (Kesavan, 2015). However many governments are having problems with this high demand. For example, Haug and Hella (2013) concluded that the Tanzanian government is struggling with the goals of increasing national food availability alongside affordable food prices. They determine that 45% of Tanzania's population do not have sufficient access to food at the individual level. Similar studies conclude that higher price fruits and vegetables are correlated to obesity among children (Morrissey et al., 2014). They suggest that policies should be established to reduce the cost of healthier foods, thereby increasing access to nutritious food. A study in Canada was conducted in regards to aboriginal perspectives on access to traditional foods (Elliott et al., 2012). This study demonstrates the potential impacts of government policies and the effects they can have on aboriginal communities access to traditional food by restraining the limits of activities such as fishing or hunting. Aboriginals living off their reserve found that they had less access to traditional foods which were leading to poorer diets and health. Some suggestions moving forward, especially for those indigenous peoples now living off the reserve, were to create local community gardens where traditional foods could be grown alongside traditional education.

Food access is extremely important in terms of food security. Without access to food resources, malnutrition occurs, and without access to nutritious foods, poor diets and health issues arise. Local initiatives are implemented to increase nutritious food

access such as farmers markets, and affordably priced foods (Morrissey, 2014). Healthier communities could be achieved by increasing a community's access to nutritious food, therefore increasing food security within the community.

Education on Food Issues

Education is an important component of food security. Without being educated on what resources are available or how to manage the resources available, it is hard to improve food security within a community. Ross (2011) investigated a 'Hunger at Home' program that researched hunger in a community, the root causes of the hunger, and how to take action within the community to improve food security. In the reports the students gave regarding this course, they demonstrated increased knowledge of food security and were more concerned about improving food security. Another study also concluded that community-based education programs could help increase food security. This study determined that a Supplemental Nutrition Assistance Program(SNAP) improved local food security by educating participants on how to make healthy food choices and how to manage food access with a limited budget (Kaiser, 2015). Mabli and Worthington (2014) also investigated SNAP and concluded that this program is an important tool to improve the health of low-income participants by increasing food security through avenues such as increasing access and education.

From these studies it is evident that community-based education programs regarding food security are effective. By increasing awareness about food issues, community members are more likely to aid in improving local food security. In addition, educating individuals that are struggling with access to food can help with knowing what food resources are available and how to obtain sufficient, nutritious food on a limited budget. These local initiatives will aid in increasing the local food security of a community.

Summary

There are many local initiatives that can be implemented to help food security prosper. The Seasoned Spoon Cafe is committed to implementing such initiatives and increasing access to educational tools such as the deliverables of the Cafe Producer and Supplier Profiles research project. As mentioned, food security aims at eliminating hunger and creating sustainable food systems that produce healthy and safe food. Hunger within a community can be reduced by increasing access to food. This can be achieved at the local level by producing more food, creating more access points such as farmers markets, and by ensuring that prices are affordable. In addition, access to food can be increased through initiatives such as community-based education programs that help community members know what resources are available to them. Sustainable food systems can be managed at the local scale with initiatives such as community gardens or sustainable agriculture that follows techniques that are ethically, environmentally and socially minded such as the Trent Vegetable Gardens. These sustainable food systems produce healthy and safe foods. This can be achieved through techniques such as organic farming. All of the components regarding food security discussed are interrelated and should be addressed simultaneously, in order to effectively improve food security within a community. The Seasoned Spoon Cafe addresses many of the components related to food security within the Trent University community. A few of the components include supporting the Trent Vegetable Gardens, sourcing organic, fair-trade, locally produced ingredients, providing affordable meals and connecting their members with local producers.

Methodology

Project Planning and Coordination

The research team met on a weekly basis throughout the duration of the Community Based Research Project to discuss project progress and upcoming tasks to be completed. The host organization, the Seasoned Spoon Cafe and project supervisors were invited to attend these meetings as needed throughout the project. Initially the research team signed a Project Agreement Form; formalizing the commitment to achieving the project goals. Working with all members of the research team, interview questions were developed to meet the needs of the project; a list of standard profiling questions such as current contact information, products produced, and product sales locations were asked to all suppliers (refer to Appendix A, Interview Questions 1-10). More in depth interview questions were asked to suppliers selected as highlighted profiles. These questions were more in depth such as why they became a food producer and what their vision is for a sustainable food system (refer to Appendix A Interview Questions, 11-15) enabling the researchers to create a detailed profile that creatively tells the story of the supplier. The majority of interview scheduling was conducted via telephone, a limited number were coordinated via email and a few during face to face interaction at the Peterborough Farmer's Market and Trent University.

Data Acquisition

The research team was given a Client List from the host organization of 17 suppliers. The host organization indicated which suppliers would be showcased as highlighted profiles (refer to Appendix D for Highlighted Profile text). The research team conducted preliminary internet research gathering as much information to answer interview questions as possible. Primarily interviews were conducted via telephone, a few face to face and one via email. The researchers structured the phone interviews in a format that allowed them to conduct quality assurance on their preliminary internet

research of the suppliers. Photographs for the project were obtained directly from the interviewees or via the internet.

Data Processing

As the interview process was being completed the interviewees responses were transcribed into word documents (refer to Appendix B) and reviewed after completion of interviews to ensure complete data acquisition. After the interview process was complete, the standard profiling interview answers were inputted into a Microsoft Excel worksheet (refer to Appendix C) which represents the database for this project. Photographs of each supplier obtained by the researchers were also inserted into the database. Additionally, X and Y coordinates - which were obtained using ArcGIS Online by searching the supplier's address - were inputted into the database in order to understand the spatial dimension of the supply network. Data clean-up was performed to ensure uniform data. For example, the same format for phone numbers (i.e. [(XXX) XXX-XXXX]) so that the database looked more professional.

The highlighted profiles were designed to be concise and to showcase the environmental and ethical like-mindedness between the Seasoned Spoon Cafe and their suppliers. This information was included in the project Storyboard deliverable.

Website Development & Design

The Seasoned Spoon's website was designed to have an interactive web map on the sourcing tab (<http://www.seasonedspoon.ca/sourcing>). The first step was to create an interactive map inside ArcGIS Online - a web based GIS enabling the creation, editing and storage of project data in the cloud environment. ArcGIS Online was used as the web application platform because it allows for custom symbology and a user-friendly interface. The ArcGIS Online account was set up for the researchers by the Madgic department at Trent University. A pre-existing basemap was added to the map to give users a spatial reference. The created supplier database file was imported into the map and plotted via the X and Y coordinate columns. The suppliers were

categorized by food type (i.e. dairy, produce, bread, etc.) and custom symbology was designed for each food type using graphics provided by the Seasoned Spoon. Peterborough's foodshed was created as a shapefile using a 100km radius around Peterborough (see Figure 1) and was imported into the web map. Pop-up windows were configured so that the profiling information would be aesthetically presented when a user clicks on a supplier point. The web map was saved and then 'Shared to the Public'. This step allows the web application to be embedded inside the Seasoned Spoon's website. Once the map was 'shared to the public', there is an option to 'Embed in Website' which gives a link that when placed inside a website's source code will display the interactive web map.

The source code for the Seasoned Spoon's 'sourcing' webpage was obtained and edited to include the interactive web map. The editing was completed within a system called Drupal, which the Seasoned Spoon uses to edit their website. The source code was edited to display sourcing information, a PDF of the poster deliverable, and the interactive web map itself.

Storyboard Development & Design

The project Storyboard was formatted and designed using Microsoft PowerPoint 2010 software. To create the Storyboard the researchers integrated the map of the Seasoned Spoon's foodshed, the highlighted profiles of the suppliers which tell their unique individual stories, associated photography and graphics of each of the highlighted profiles along with research project specific information. The fonts, color scheme and graphics were selected to be consistent with existing Seasoned Spoon Cafe website and marketing material.

Results

the seasoned spoon
café | co-operative | social enterprise |

Press Releases | Member Login

HOME | ABOUT US | GET INVOLVED | OUR FARE | EDUCATION | RESOURCES | CONTACT

SOURCING

Sourcing the café's food is both a challenge and an opportunity. The Spoon is a market for an increasingly solid network of small producers and suppliers. Our purchasing decisions are informed by ethical, ecological and political considerations. We support suppliers and producers whose presence and practices benefit the community.

The Seasoned Spoon Cafe's Suppliers and Producers

Legend

- The Seasoned Spoon
- Suppliers
 - Produce
 - Dairy
 - Other
 - Bread
 - Coffee
- Foodshed

Chick-a-biddy Acres

Contact Person	Sherry Patterson & Josh Blank
Address	5009 County Rd 2, Hastings, ON
Website	More info
Phone	(705) 696-3506
Email	farm@chickabiddyacres.com
Established	2000
Supplying Spoon since	2010
All Products	Vegetables, free-range chicken and turkey, pastured pork and eggs, naturally raised back angus beef, maple syrup and honey from neighbouring farms
Spoon Products	Vegetables, especially winter greens
Retail Operation/Farm-Gate	Farm-gate for CSA members
Hours of Operation	Fridays 4-7. Visit website for more CSA pick-up locations
Farmers Markets	Peterborough Farmers' Market

Figure 2: Interactive web map deliverable with example of pop-up window.

The website page created (shown in Figure 2) has an embedded interactive map that was created using Esri ArcGIS Online. This map can be found on the Seasoned Spoon's website (<http://www.seasonedspoon.ca/sourcing>). The map shows the spatial distribution of the Seasoned Spoon's 17 suppliers which are categorized based on product type: produce, dairy, bread, coffee, and other. If a community member is interested at obtaining information about a supplier, they simply click on one of the supplier points and a pop-up window will be displayed that gives them general information about the supplier's products and contact information in case the community member would like to connect with that food source (refer to Figure 2). The information in this tool was gathered using internet research and through the interview process. The information was then stored in an Excel worksheet that this interactive map references (See Appendix C for database). This tool also has functionality built in to link to the supplier's website so that the user can gain additional information if desired.

The storyboard (see Figure 3) was created as a visual display and educational tool to be posted in the Season Spoon Cafe. This poster aims at building relationships and linkages connecting the Spoon's members to their food and those who supply/produce it. The QR code on the storyboard directly links Spoon members to the project's web map hosted on the Spoon's website, making connections to the Spoon's suppliers and producers even easier.

Six suppliers of the Spoon were chosen and highlighted. The highlighted profiles enabled the researchers to ask the Spoon's suppliers in depth questions about the uniqueness of their operations, their passion for their business and also their opinion on local food security. Trent Vegetable Gardens was highlighted as being an integral part of the Spoon's success; therefore the researchers chose to provide a lengthier highlighted profile on the Gardens, sharing much of this unique and successful relationship. The other highlighted profiles included Diesel House Coffee Roasters, Empire Cheese Co-op, Kawartha Dairy, Chick-a-biddy Acres and the Ontario Natural Food Co-op.

the seasoned spoon café | supplier profiles | strengthening food security |



"The Seasoned Spoon serves ethically, fairly traded, locally or organically grown foods with the ultimate goal of growing a regional food system that is sustainable, inclusive and just."

Local Food grown on Trent's Campus



Trent Vegetable Gardens has grown from a garden to monitor ozone levels and other environmental research to the field to table system it is today on the Trent University campus. Connecting community members to their food while developing resilient, sustainable food systems is a primary focus of the Gardens. The Gardens employ organic principles, highlighting native plants, indigenous agricultural techniques, permaculture techniques and practise seed saving. Benefits and community empowerment from the Trent Gardens include but are not limited to the following. The compost used at the gardens is composed of the excess food collected from the on campus cafeterias. The Gardens create student employment and applied learning. Trent Vegetable Gardens encourages people to support local, sustainable food systems by getting out and growing. If you are interested in getting your hands dirty you can do this by volunteering at the Gardens.

Guiding principles of Trent Vegetable Gardens:

- 1- Sustainability: Ecological integrity, economic and social justice.
- 2- Experimental Learning: Do it! Know it! Live it!
- 3- Innovation: Explore and address current issues in food systems, implementing ideas and engage in experiential research.
- 4- Collaboration: Support inclusivity, diversity & co-creation.

Visit our interactive map:
www.seasonedspoon.ca/sourcing

Diesel House Coffee Roasters supplies the freshest, fair-trade organic coffee in Central Ontario. Todd Wilford established the business out of a love for spectacular coffees from around the world. Diesel House reduces their waste from the roasting process by recycling the 'chaff' skin off the coffee bean which is used as bedding and compost by local farmers.



Connecting you to your local food suppliers

Kawartha Dairy has been serving the finest ice cream and milk since 1937. 90% of their fresh milk and cream is sourced from farms located within 100km of the company's home in Bobcaygeon. Kawartha Dairy continues to improve their environmental footprint by increasing energy efficiency, reducing water use, and increasing the quantity and type of materials they recycle. Kawartha Dairy encourages their customers to source food locally.



Ontario Natural Food Co-op (ONFC) On the shelves of the Seasoned Spoon you will find fair-trade dry products sourced from ONFC including teas and spices. *Food for people not for profit* is a motto that is used at ONFC; food is shared with staff, agencies or food banks limiting the amount of which goes to waste. The Ontario Natural Food Co-op is committed to increasing their relationships with local Ontario producers.



Empire Cheese Co-op provides all natural, no preservative added cheese and is the primary cheese supplier of the Seasoned Spoon. Local food security is incorporated into Empire's future vision of maintaining their current production standards while meeting the needs of the local consumer and keeping their products affordable for all to enjoy.



Chick-a-Biddy prides their operation in being ethically, environmentally and socially responsible by growing their products in a herbicide and pesticide free environment, using only the richest compost, rotating their crops and limiting the amount of packaging by using reusable boxes and bushel baskets. Here people are encouraged to get to know your farmer, educate yourself on what products are available and lastly "let food be your medicine".



the seasoned spoon



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Figure 3: Storyboard deliverable showcasing highlighted profiles.

Diesel Coffee of Bracebridge, Ontario; a company that focuses on the distribution of fair-trade organic coffee and reducing their waste by-product. Empire Cheese Co-op, of Campbellford, Ontario which has been in operation since 1870 has incorporated the needs of local food security in their company's vision for the future. Kawartha Dairy regional supplier of the finest ice cream and milk continues to improve environmental footprint by increasing energy efficiency in their operations. Chick-a-biddy Acres, local CSA (community supported agriculture) was created by passion and drive from co-owner Sherry Patterson to provide the local community with ethically, environmentally and socially responsible food products. And lastly, the Ontario Natural Food Co-op, which fills the Spoon's shelves with a variety of fair-trade dry products including teas

and spice; all while sharing the Spoon’s commitment to increase relationships with local Ontario producers. For the full text version of the highlighted profiles refer to *Appendix D Highlighted Profiles*.

The Seasoned Spoon Cafe’s Suppliers & Producers				
Product	Bread	Dairy	Produce	Other
	Proximity to Spoon	1. Electric City Bread Company (5km)	1. Kawartha Dairy (30km) 2. Rhea-Ily Emu-zing Ranch (35km) 3. Empire Cheese Co-op (45km)	1. Trent Vegetable Gardens (0km) 2. Sun Root Organics (5km) 3. Waymac Farms (10km) 4. Chick-a-biddy Acres (20km) 5. Pinehaven Farm (30km) 6. Brown’s Farm (40km) 7. Allin’s Orchard and Country Market (55km) 8. C. Bruni & Sons Farms (60km) 9. T&R Jones Farm (145km)

Green = Inside Foodshed
Orange = Outside Foodshed

Figure 4: Categories of the Spoon's suppliers primarily by product type and secondarily by proximity to the Spoon.

Figure 4 outlines the distribution of the Seasoned Spoon suppliers in chart format. It is clear that the majority of Seasoned Spoon suppliers reside within the foodshed and that the Spoon only had to reach outside the foodshed for a few products. The figure also identifies that most of the Seasoned Spoon’s suppliers are produce suppliers; supplying a variety different fruits and vegetables.

Additional Suppliers

Throughout the research project the researchers made a conscious effort to explore the local food system in the Peterborough area looking for additional suppliers that they felt would be a suitable addition to the Spoon's supplier list. The researchers recognize many factors play a role in the Spoon's decision to choose their suppliers. However, they would like to suggest one additional supplier: Black Duck Wild Rice. Black Duck Wild Rice is a local company specializing in native rice found in the area; increasing local food sovereignty is a priority of their business. You can purchase their products at the Peterborough Farmer's Market and By the Bushel. More information and contact information can be found at: <http://blackduckwildrice.org/>.

Discussion

The Season Spoon Cafe sources their products from a variety of diverse local farmers as well as a few larger distribution centers when necessary. Each of the local farmers have unique stories and experiences to share which added great depth and personality to the research experience. The researchers attended the Peterborough Farmer's Market and had the pleasure of meeting many of the farmers face to face. All the local farmers are passionate about their agricultural operations and the local food system in Peterborough. One could describe their enthusiasm as infectious and very liberating. Larger corporations are less likely to share grassroots information but rather share generic corporate rhetoric. Luckily the larger suppliers of the Spoon had interesting local histories to share which added depth to their stories. In order to meet the demand of the Spoon member's taste buds the Spoon must reach outside of the 100km radius of their location for products. Keep in mind this is done only when there is not a local option for the product. This is evident through the interactive web map that displays that 14 out of 17 Seasoned Spoon suppliers are located within the desirable foodshed of a 100km radius of the City of Peterborough.

Trent Vegetable Gardens and the Seasoned Spoon Cafe have a very intimate working relationship. Products grown at the Garden are gifted to the Spoon to cook and share with its patrons. This relationship is key to the growth of both the Gardens and the Spoon. Seasoned Spoon members are encouraged to volunteer at the Gardens, enabling the success of both organizations. Trent Vegetable Gardens and the Season Spoon together strengthen local food security on the Trent University campus.

Nine of the Spoon's suppliers retail their products at local farmer's markets. Many of the operations are seasonal, only participating in the markets during the harvest season but there are several suppliers with year round operations. The Ontario Natural Food Co-op is the Spoon's supplier with the greatest retail presence headquartered in Mississauga they offer their members over 4500 organic and natural food and household products. The Co-op is rooted in a rich history and environmental commitment to its members; this makes it a suitable fit for a Spoon Supplier.

Conclusion

Project Summary

Through the use of the tools created - an interactive website and a storyboard - it is anticipated that better connections will be formed between the Seasoned Spoon Cafe's members and supporters and their suppliers. Knowledge can be easily gained about where their food comes from through the web map, as well as a sense of who their food producers are through the storyboard. This increase in knowledge will allow Seasoned Spoon members to create relationships to their food by having a better sense of who produces their food and information about how they can access the same foods. These relationships will aim at strengthening food security within Peterborough and surrounding area.

Project Benefits

The expected benefits that will result from this project include increasing knowledge and creating an awareness of where and who produces the food available at the Seasoned Spoon Cafe. This increase in knowledge/awareness will benefit both the food consumers and food producers of the Seasoned Spoon. The food consumers will have the ability to create or re-establish the connections with their food system, specifically the connection of who is responsible for producing the food. In addition, the food producers have the potential to connect with more community members that are interested in their establishment. These connections that are formed ultimately increase local food security in the Peterborough area.

Limitations

The limitations of the project were; the unexpected number of larger suppliers and travel time to supplier's operations along with poor seasonal timing. Each limitation is described in greater detail below:

The researchers and host agreed that for the highlighted profiles should be of a variety of product suppliers. However what the researchers were surprised to learn was the number of larger businesses from whom the Spoon gets supplies; Diesel House, Empire Cheese, Kawartha Dairy, Ontario Natural Food Co-op. While doing this research the researchers found that gathering information and stories from these larger businesses made for less personable stories for highlighted profiles. This being said the researchers recognize the challenges of sourcing a variety of products locally (i.e. coffee, tea, and dried goods) and that sourcing from these larger suppliers (compared to family owned & operated farms) at times is the best option.

Due to travel distances and seasonal timing (harvest time) research site visits were not possible. The researchers felt that site visits would have added great value to the success of the project both by conducting interviews face to face and capturing

original photography of the suppliers and their operations to include on the web-based map and storyboard.

Future Recommendations

Through the experiences the researchers encountered with this project, a few future recommendations are given to help future projects be successful. Firstly, it is suggested that communication with community participants should first be established by the host organization. This is because the host organization has strong pre-existing relationships with their suppliers and therefore when discussing new projects they are likely to be respond more positively due to those pre-existing relationships. However, the ability to create good relationships and good communication were beneficial skills that resulted from this project. A good relationship was formed with most participants; however the researchers found that the formal ethics procedure interfered with establishing strong relationships with some of the participants. This leads into the second recommendation, which is to make the ethics process less formal. Before each interview was conducted, information was given about the nature of the project and a lengthy statement of consent was read to the interviewee. The researchers felt that this formal process created a barrier between them and the participants. A hierarchy was formed between researcher and participant that interfered with the responses and relationship that would be formed. After a collaborative meeting with other Trent Community Research Centre members, it was suggested that the formal statement of consent be introduced after the interview was complete. This would allow a more casual interview and better initial relationships to be formed. Yet the researchers recognize the necessity of an ethics procedure. Lastly, the success of the project was a result of clear, consistent communication between the researchers and good time management skills. It is recommended that future researchers keep on schedule and communicate all and any question(s) with research partner/team members to ensure the project remains on track and successful.

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13. Are there any physical, psychological or social risks to the participant?

Yes ____ No X Not Sure ____ (explain: _____)

14. How is the informed consent of participants being obtained?

- Verbal explanation and signed consent form prior to participation
- Signed consent form prior to participation
- Disclaimer on survey instrument implying consent
- Verbal consent
- Other _____

15. Please indicate the level of anonymity/confidentiality/privacy guaranteed to research participants.

- Names and identifying information will not be used in any reports of findings, will not be stored with the raw data, and will not be known to researchers.
- Names and identifying information will not be used in any reports of findings and will not be stored with the raw data
- Names and identifying information will not be used in any reports of findings
- None (i.e., actual names of participants will be used in any reports of findings).

16. How will the raw data be handled, stored and/or disposed of in order to adhere to the above level of confidentiality?

The raw data will be entered into a database which will be available for view on The Seasoned Spoon Café's website and used on a poster printout. Additionally, the raw data collected may be used in the future by the Seasoned Spoon Café and their members.

17. Have you attached copies of the statement introducing the research (e.g., Letter of Information)?

Yes X No ____

18. Have you attached copies of the Informed Consent Form (or statement of consent on survey)?

Yes X No ____

19. Have you attached copies of the proposed data collection instrument (e.g., questionnaire, interview guide)?

Yes X No ____

20. Have you attached evidence that you have secured any required external ethics approvals?

Yes ____ No ____ Not applicable X

21. If this is a resubmitted application, have you included a copy of the original application AND a brief statement outlining how you have addressed the committee's initial concerns?

Yes ____ No ____ Not applicable X

Student Name(1): _____ Signature _____

Student Name(2): _____ Signature _____

*Supervisor Name: _____ Signature _____

*Faculty signature indicates that s/he has reviewed the application prior to submission.



TRENT UNIVERSITY
Department of Geography, Research Ethics Committee
Tel: (705) 748-1011 ext. 7686, E-mail: geography@trentu.ca

LETTER OF INFORMATION

Project title: Cafe producer and supplier profiles

Researcher Name: Sarah Lidster
Phone No. (705)768-7030
E-mail: sarahlidster@trentu.ca

Researcher Name: Sheena Young
Phone No. (705)934-1296
E-mail: sheenayoung@trentu.ca
Faculty Supervisor: Peter Lafleur
Phone No. (705)748-1011 ext 7487 **E-mail:** plafleur@trentu.ca

Cafe producer and supplier profiles is a community-based research project that we as fourth year Trent University students are leading in partnership with the Trent Community Research Centre and the host organization, the Seasoned Spoon Café. The objective of this community-based research project is to creatively tell the story of where the Seasoned Spoon Café's food comes from and who is involved in producing it. We have collected information on your operation from the Seasoned Spoon and other public domains (i.e., the internet), answering as many of our research questions as possible. We would like to ask any remaining questions that we have yet to answer. The data collected will be published on the Seasoned Spoon website, potentially displayed in the Seasoned Spoon Café and used for future reference by Seasoned Spoon Café members. Please keep in mind that the interview should take no longer than 30 minutes and will be audio recorded for data quality assurance. Through telling your story and profiling you as a producer/supplier it is the hope of the Seasoned Spoon Café that linkages and relationships can be formed between Trent University community members and suppliers such as yourself to strengthen local food security.

STATEMENT OF CONSENT

As a participant in the above project, I understand the following:

1. I have been fully informed by the researcher about the nature of the research and my participation in the project;
2. My participation is entirely voluntary. I may refuse to answer any or all questions and end the interview at any time;
3. My participation will not be confidential. My name, identifying information and any other data resulting from the interview will be posted on the Seasoned Spoon Café's website, on a poster to be displayed at the Seasoned Spoon Café and/or used by Seasoned Spoon Café members in the future;
4. Any risks to my participation in the project are unforeseen by the researcher;
5. I give permission to have the interview process audio recorded;

Café producer and supplier profiles Ethics



6. I give permission to the research team to photograph me and my business operation (farm, bakery, etc) and use the photos on the Seasoned Spoon website and/or visual display;
7. I understand that this project has been approved by Trent University's Department of Geography's Research Ethics Committee.

Participants Name and Affiliation: _____
Received Verbal Consent: Yes ____ No ____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?

2. Who is the contact person for this business (name to appear on website)?

3. What is your contact information? (address, website, telephone, email)

Address :	
Website :	
Phone:	
Email:	

4. When did you establish your business?

5. What products do you produce or supply?
 And what month(s) are these products produced?

6. What products do you supply to the Seasoned Spoon Cafe?

Café producer and supplier profiles Ethics



7. How long have you been supplying the Spoon?

8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?

9. Do you attend local farmers markets?
If so, which farmers markets?

10. Are your products available for purchase at local stores/cafes?
If so, where are they available?



**Note: Questions 11-15 only answered by those suppliers chosen to be displayed on poster.

11. Why did you get involved in food production and/or supplying food?

12. What efforts do you make for your operation to be ethically, environmentally and/or socially responsible? (i.e. organic, free-range, limited packaging, pricing etc.)

13. Do you have a set of guidelines/principles that you follow when sourcing/producing your products?
If so, what are they?

14. What is your vision for a sustainable and local food system?

15. What is one thing a person can do to support local and sustainable food systems?

Café producer and supplier profiles Ethics

Appendix B: Interview Transcripts

Participants Name and Affiliation: Allin's Orchard and Country Market

Received Verbal Consent: Yes X No _____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?

Allin's Orchard and Country Market

2. Who is the contact person for this business (name to appear on website)?

Brian Allin

3. What is your contact information? (address, website, telephone, email)

Address :	3479 Concession Rd 3, Newcastle
Website :	facebook page
Phone:	<u>(905) 987-2295</u> <u>905 2592914(cell phone)</u>
Email:	brian.allin@hotmail.com

4. When did you establish your business?

Early 1960's

5. What products do you produce or supply?

And what month(s) are these products produced?

Apples, Plums, Sweet Corn, Pumpkins, Gourds, Ornamental Corn, Squash., pears.
apples:august- end of october

6. What products do you supply to the Seasoned Spoon Cafe?
apples, pears
7. How long have you been supplying the Spoon?
5-10 years
8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?
Country Market: August - December.
7 days a week: 10-6 and 10-5 from november on
9. Do you attend local farmers markets?
If so, which farmers markets?
Peterborough Farmer's Market
Lindsay Farmer's Market
gravenhurst
newcastle
oshawa
10. Are your products available for purchase at local stores/cafes?
If so, where are they available?
No

Participants Name and Affiliation: **Batten's Country Choice Honey & Pure Maple Products**

Received Verbal Consent: Yes X No _____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Batten's Country Choice Honey & Pure Maple Products
2. Who is the contact person for this business (name to appear on website)?
Dave Batten
3. What is your contact information? (address, website, telephone, email)

Address :	257 Woodward Avenue Peterborough, ON k9L 1K1
Website :	N/A
Phone:	705.748.9852
Email:	honeymaple1@hotmail.com

4. When did you establish your business?
1832
5. What products do you produce or supply?
And what month(s) are these products produced?
-Maple syrup, Honey, honey products: candles, combs, and speciality honeys like blueberry
-Available Year-round
6. What products do you supply to the Seasoned Spoon Cafe?

Honey

7. How long have you been supplying the Spoon?
8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?
-Pick up from farm if call ahead
9. Do you attend local farmers markets?
If so, which farmers markets?
Peterborough Downtown Market (Louis St. Lot)
Peterborough Farmers Market (memorial Center)
-Minden, Bobcaygeon, Port Perry, Haliburton
10. Are your products available for purchase at local stores/cafes?
If so, where are they available?
Jo-Anne's

Participants Name and Affiliation: **Brown's Farm**

Received Verbal Consent: Yes **X** No _____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Brown's Farm
2. Who is the contact person for this business (name to appear on website)?
Don and Marylou Brown: Ryan and Kate Westcott
3. What is your contact information? (address, website, telephone, email)

Address :	406 Drum Road, Pontypool, ON
Website :	donbrownsfarm.com
Phone:	705-277-2147 Ryan(7059284629) 7058751405
Email:	brownsfarm2003@yahoo.ca

4. When did you establish your business?
1950
5. What products do you produce or supply?
And what month(s) are these products produced?
Vegetables - root vegetables, carrots, beets , potatoes and onions, turnip, squash, flowers

July: Zucchini, potatoes, beans
August: tomatoes, cucumber

September: Squash

Oct: pumpkin and turnip

carrots: to mid june-mid july

6. What products do you supply to the Seasoned Spoon Cafe?

Vegetables: onions, carrots, beets, turnips, squash

7. How long have you been supplying the Spoon?

8. Do you have a retail operation/farm gate?

If so, what are your hours of operation?

No

9. Do you attend local farmers markets?

If so, which farmers markets?

Peterborough Farmer's Market(saturday) , And oshawa (friday)

10. Are your products available for purchase at local stores/cafes?

If so, where are they available?

-No

Participants Name and Affiliation: C. Bruni & Sons Farms

Received Verbal Consent: Yes X No _____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
C. Bruni & Sons Farms
2. Who is the contact person for this business (name to appear on website)?
Meredith Bruni
3. What is your contact information? (address, website, telephone, email)

Address :	730 Raglan Rd. E Oshawa, ON
Website :	
Phone:	(905)655-3440
Email:	mbveggri@gmail.com

4. When did you establish your business?
1978
5. What products do you produce or supply?
And what month(s) are these products produced?
Asparagus, Beans, Bedding Plants, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Corn, Cucumbers, Eggplant, Flowers – Fresh Cut & Dried, Garlic, Herbs – Fresh Cut and Potted, Kale, Onions, Peas, Peppers, Perennials, Potatoes, Pumpkins, Rapini, Rhubarb, Squash, Strawberries, Tomatoes, Zucchini
6. What products do you supply to the Seasoned Spoon Cafe?
Vegetables

7. How long have you been supplying the Spoon 7 or 8 years

8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?
Wholesale sales

9. Do you attend local farmers markets?
If so, which farmers markets?
Available @ Farmers' Markets May – Oct:
Wednesday – Whitby
Friday – Oshawa Centre
Saturday – Legends Centre
Peterborough- wed&sat

10. Are your products available for purchase at local stores/cafes?
If so, where are they available?
No

Participants Name and Affiliation: Sherry Patterson, Chick-a-biddy Acres

Received Verbal Consent: Yes X No _____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Chick-a-biddy Acres
2. Who is the contact person for this business (name to appear on website)?
Sherry Patterson & Josh Blank
3. What is your contact information? (address, website, telephone, email)

Address :	5009 County Road 2, RR3 Hastings ON K0L 1Y0
Website :	http://www.chickabiddyacres.com/
Phone:	705-696-3506
Email:	farm@chickabiddyacres.com

4. When did you establish your business?
2000
5. What products do you produce or supply?
And what month(s) are these products produced?
**Vegetables, free-range chicken and turkey, pastured pork and eggs.
Offer members naturally raised back angus beef, maple syrup and honey from
neighboring farms**
6. What products do you supply to the Seasoned Spoon Cafe?

Vegetables, especially winter greens

7. How long have you been supplying the Spoon?

2004

8. Do you have a retail operation/farm gate?

If so, what are your hours of operation?

Community Shared Agriculture Pick Up locations

Farm gate

Fridays, 4 to 7 pm at 5009 County Rd 2, six kilometers West of Hastings.

Toronto: Croft

Tuesdays, 4 to 7 pm at Croft Street (Harbord and Bathurst).

Toronto: Trinity Bellwoods

Tuesdays, 4 to 7 pm at Trinity Bellwoods Farmers' Market.

Peterborough

Thursdays, 4 to 7 pm at East City, Peterborough.

9. Do you attend local farmers markets?

If so, which farmers markets?

Peterborough saturday market

10. Are your products available for purchase at local stores/cafes?

If so, where are they available?

No

**Note: Questions 11-15 only answered by those suppliers chosen to be displayed on poster.

11. Why did you get involved in food production and/or supplying food?

Always wanted to be a farmer

12. What efforts do you make for your operation to be ethically, environmentally and/or socially responsible? (i.e. organic, free-range, limited packaging, pricing etc.)

do not use herbicides or pesticides, use rich compost, rotate crops, no more packaging than necessary (boxes bushel baskets all reuseable), low fuel cost (new van), "let food be your medicine"

13. Do you have a set of guidelines/principles that you follow when sourcing/producing your products?

If so, what are they?

- try to buy organic seed, no GMO, no treated seed
- for chicken and pigs feed is locally organically grown
- have custom feed that is 100%

14. What is your vision for a sustainable and local food system?

- Nice is room for others growers, that is why they take in interns
- they have 3 greenhouses that grow winter greens, so do not have to buy from other locations

15. What is one thing a person can do to support local and sustainable food systems?

- know your farmer, know whats available, may be hard but needs to be done
- they have 100 members

Participants Name and Affiliation: Diesel House

Received Verbal Consent: Yes X No _____

INTERVIEW GUIDE

Locations that sell products in Peterborough: Joanne's Place, Kelcey's Nutrition, Main Ingredient

Interview Questions:

1. What is the name of your business (farm, etc.)?
Diesel House Coffee Roasters
2. Who is the contact person for this business (name to appear on website)?
Todd Willford
3. What is your contact information? (address, website, telephone, email)

Address :	<u>1080 Taylor Court, Bracebridge, Ontario</u>
Website :	<u>www.dieselhousecoffeeasters.ca</u>
Phone:	<u>705.646.0887</u>
Email:	<u>info@dieselhousecoffeeasters.ca</u>

4. When did you establish your business?
2010
5. What products do you produce or supply?
And what month(s) are these products produced?
Coffee, espresso (all year)
6. What products do you supply to the Seasoned Spoon Cafe?
Coffee

7. How long have you been supplying the Spoon?

3 years

8. Do you have a retail operation/farm gate?

If so, what are your hours of operation?

In Peterborough:

NO

Joanne's Place Lansdowne Street (Mon-Thurs 9-6, Fri 9-8, sat 9-5:30, sun closed)

Kelcey's Nutrition (Mon-Thurs 9:30-6, fri 9:30-8, sat 9:30-5, sun 12-4)

Main Ingredient (Mon-Wed 8:45-6, thur-fri 8:45-8, sat 8:30-5:30, sun closed)

9. Do you attend local farmers markets?

If so, which farmers markets?

NO

10. Are your products available for purchase at local stores/cafes?

If so, where are they available?

Seasoned Spoon Cafe, Planet Bakery

**Note: Questions 11-15 only answered by those suppliers chosen to be displayed on poster.

11. Why did you get involved in food production and/or supplying food?

"Out of a love for the spectacular coffees that are available from around the world"

-own a chain of cafes in 2009 he was going to start roasting facility, for QA ect.,
approached Todd about business, decided to create wholesale opportunity, take fresh
products and distribute to other local businesses

-bring coffees from all over the world

12. What efforts do you make for your operation to be ethically, environmentally and/or socially responsible? (i.e. organic, free-range, limited packaging, pricing etc.)

-Certified Fair Trade Organic

-recycle (waste byproduct, chaff(skin on coffee bean) bag this up and farmers pick up
they use for bedding for animals/compost, smoke from roasting: have after burner to
burn 95% of waste that is coming off coffee), recycle burlap sacs, reuse: pick up boxes
from customers

13. Do you have a set of guidelines/principles that you follow when sourcing/producing your products?

If so, what are they?

-Operational manual, guide process, NO

-fresh roasted coffee, turn around in 2 week cycle.

14. What is your vision for a sustainable and local food system?

-all coffee imported from all over the world (cannot control what is produced)

15. What is one thing a person can do to support local and sustainable food systems?

-buying local

Participants Name and Affiliation: **Electric City Bread Company**

Received Verbal Consent: Yes X No _____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Electric City Bread Company
2. Who is the contact person for this business (name to appear on website)?
Jordan Podaima: Owner
3. What is your contact information? (address, website, telephone, email)

Address :	165 Sherbrooke Street, Peterborough, ON K9J 2N2
Website :	http://www.electriccitybreadco.com/
Phone:	(705) 874-8055
Email:	electriccitybreadco@gmail.com

4. When did you establish your business?
2013
5. What products do you produce or supply?
And what month(s) are these products produced?
Bread, pastries, in house granola, lunch and dinner program (restaurant)

6. What products do you supply to the Seasoned Spoon Cafe?
Baguettes
7. How long have you been supplying the Spoon?
8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?
Yes, ECBC, Restaurant, Catering Services
Mon: Closed
Tues-Thurs: 10-5
Fri: 10-9
Sat:10-2, 5-9
Sun: 10-2
9. Do you attend local farmers markets?
If so, which farmers markets?
No, Wednesday (not in market, but buy products from Peterborough Farmers Market)
10. Are your products available for purchase at local stores/cafes?
If so, where are they available?
No, not at this time

Participants Name and Affiliation: Empire Cheese

Received Verbal Consent: Yes X No _____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Empire Cheese Co-op
2. Who is the contact person for this business (name to appear on website)?
Vicki McMillan
3. What is your contact information? (address, website, telephone, email)

Address :	R.R #5, 1120 County Rd. #8 Campbellford, ON K0L 1L0
Website :	
Phone:	705.653.3187
Email:	vicki@empirecheese.ca

4. When did you establish your business?
"First Empire Cheese Factory built in the late 1870s on the farm of John Haig who was the first cheesemaker." 1876
5. What products do you produce or supply?
And what month(s) are these products produced?
Cheddar of various ages (mild-5,6 years old), mozzarella and fresh curd
6. What products do you supply to the Seasoned Spoon Cafe?
Cheese
7. How long have you been supplying the Spoon?

2006

8. Do you have a retail operation/farm gate?

If so, what are your hours of operation?

Yes, at Campbellford address (mon-sat 8-5, sun 9-5)

9. Do you attend local farmers markets?

If so, which farmers markets?

Peterborough Farmers Market Sat (Memorial Centre Parking lot) year round

10. Are your products available for purchase at local stores/cafes?

If so, where are they available?

The Seasoned Spoon, and various other locations.

See <http://www.empirecheese.ca/find-us/>

**Note: Questions 11-15 only answered by those suppliers chosen to be displayed on poster.

11. Why did you get involved in food production and/or supplying food?

-at time was necessary to use milk so cheese factories were needed to use excess milk

12. What efforts do you make for your operation to be ethically, environmentally and/or socially responsible? (i.e. organic, free-range, limited packaging, pricing etc.)

-no additives are added to boost production

-All natural with no preservatives added

-HACCP registered

-Empire is a Coop, 8 dairy farmers own dairy: Empire representing them. Milk obtained from local dairy farms.

-Patt has created tracking capabilities to trace back to local farms

-wholesome pure product

13. Do you have a set of guidelines/principles that you follow when sourcing/producing your products?

If so, what are they?

-comes from Ontario dairy farmers association .

-has be done through centralized group.. organized system

-each farm has quota they can sell, and they have a certain quota they cal purchase

14. What is your vision for a sustainable and local food system?

-Our vision, try to maintain what we are doing now. Produce high quality product and get it to local consumer. Challenges, but goal to meet needs of customer. Try to do in a way that is affordable. Customers are loyal

15. What is one thing a person can do to support local and sustainable food systems?

-shopping locally and supporting local farmers, purchase at farmers market where know getting local food

Participants Name and Affiliation: Tom Legere, Kawartha Dairy

Received Verbal Consent: Yes ____ No ____ *Answers provided via email*

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Kawartha Dairy
2. Who is the contact person for this business (name to appear on website)?
Tom Legere
3. What is your contact information? (address, website, telephone, email)

Address :	<i>89 Prince St W, Bobcaygeon, ON K0M 1A0</i>
Website :	<i>www.kawarthadairy.com</i>
Phone:	<i>705.738.5123</i>
Email:	<i>info@kawarthadairy.com</i>

4. When did you establish your business?
1937
5. What products do you produce or supply?
And what month(s) are these products produced?
-Ice cream, milk, butter and cream
6. What products do you supply to the Seasoned Spoon Cafe?

-Milk, cream, butter

7. How long have you been supplying the Spoon?

8. Do you have a retail operation/farm gate?

If so, what are your hours of operation?

-Many locations, Peterborough Kawartha Dairy (815 High St, Peterborough, ON K9J 8J9) Mon-sat 9am-10pm, sun 11-9 *change throughout season*

-Our products are sold at hundreds of retail stores as well as at our own Kawartha Dairy stores. Those Kawartha Dairy stores are listed on our website at

www.kawarthadairy.com

9. Do you attend local farmers markets?

If so, which farmers markets?

No

10. Are your products available for purchase at local stores/cafes?

If so, where are they available?

-Various local stores in the area

**Note: Questions 11-15 only answered by those suppliers chosen to be displayed on poster.

11. Why did you get involved in food production and/or supplying food?

"In 1937 Jack and Ila Crowe took a leap of faith and bought a small dairy in Bobcaygeon."

12. What efforts do you make for your operation to be ethically, environmentally and/or socially responsible? (i.e. organic, free-range, limited packaging, pricing etc.)

-All milk is obtained from Ontario Farms, but mostly local

13. Do you have a set of guidelines/principles that you follow when sourcing/producing your products?

If so, what are they?

Not formally. All of our fresh milk and cream is from Ontario farms and all dairy ingredients are Canadian. Whenever we have the option to support competitive local suppliers for any of our other needs that meet our business requirements and we are aware of them, we will endeavour to support them.

14. What is your vision for a sustainable and local food system?

Kawartha Dairy is proud to be able to offer consumers in its trading area a source of locally produced milk and ice cream. Approximately 90% of the fresh milk and cream that the company uses comes from farms located 100km or less from its facility in

Bobcaygeon. Like most businesses, we have room to improve in terms of environmental footprint but we continue to build on improvements we've made so far. Those improvements are related to increased energy efficiency in our operations, more efficient water use, redirection of surplus products to secondary uses instead of landfill, and increased recycling of wastes (primarily plastics and paper packaging) from the production process.

15. What is one thing a person can do to support local and sustainable food systems?

Take the time to find out what options there are to support the local food system and do so whenever you can. Sometimes it's not possible, due to availability, cost, or simply, the local option just isn't what you are looking for. But in many cases, excellent competitive options are there – you just have to make the effort to break out of your established routine and seek them out.

Participants Name and Affiliation: ONFC

Received Verbal Consent: Yes No

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Ontario Natural Food Co-op
2. Who is the contact person for this business (name to appear on website)?
Kim De Lallo (Director of Member Relations)
3. What is your contact information? (address, website, telephone, email)

Address :	5685 McLaughlin Rd, Mississauga, ON L5R 3K5
Website :	http://www.onfc.ca/
Phone:	Toll-Free Ordering: 1.800.387.0354, Press 1
Email:	kdelallo@onfc.ca

4. When did you establish your business?
1976; founded as Toronto Federation of Food Co-operatives & Clubs inc.
5. What products do you produce or supply?
And what month(s) are these products produced?

ONFC represents (supplies and distributes) over 6000 products from across North America. We bring the best in Natural & Organic products to your retail shelves and support our business relationships.

6. What products do you supply to the Seasoned Spoon Cafe?
 -Dry goods, tea, spices, fair trade goods
 -local canadian products
 -smaller vendors
7. How long have you been supplying the Spoon?
 2008
8. Do you have a retail operation/farm gate?
 If so, what are your hours of operation?
 Warehouse in Mississauga. No retail
9. Do you attend local farmers markets?
 If so, which farmers markets?
 No
10. Are your products available for purchase at local stores/cafes?
 If so, where are they available?
 -500 active accounts buying, primarily independent, JoAnnes Place, chains that work with whole foods

**Note: Questions 11-15 only answered by those suppliers chosen to be displayed on poster.

11. Why did you get involved in food production and/or supplying food?
 -Food for people not for profit. Started own warehouse. Shift in 80s and 90s to organic food movement. Along same path now. Shift recently to locally and fair trade. Aspire to align values with competitors
12. What efforts do you make for your operation to be ethically, environmentally and/or socially responsible? (i.e. organic, free-range, limited packaging, pricing etc.)
 "We proactively bring to market natural, organic and local foods and products within a co-operative network."
 "Cultivate our not-for-profit, co-operative activities in a financially sustainable manner."
 -sufficient lighting, water is sensor water use, waste management
 -return cardboard boxes to be reused, recycle everything that are able to be (broken palletes) -share food with staff, or agencies, food bank so not wasted, participate in food initiatives/committees
13. Do you have a set of guidelines/principles that you follow when sourcing/producing your products?
 If so, what are they?

2007, tried to create one but didnt stick

-more firm understanding (informal) of what we want to do

-if customers want to source a certain product they are obligated to look into it

-have to be competitive

-still debates to review new products.. committee meeting, talk about sourcing etc.

14. What is your vision for a sustainable and local food system?

“Living in a sustainable world from seed to plate.”

Want to work more with local suppliers (that are aligned with similar vision), gradual shift.

-include members in process, training opportunities **

-move forward as a coop, inclusive, needs of members, what they are asking for, up to us to help develop this and run business in future.

15. What is one thing a person can do to support local and sustainable food systems?

-join a coop that are involved in local food systems. Important component**

-having a voice, having a say, can talk about important values of people

Participants Name and Affiliation: John Wood, Pinehaven Farm

Received Verbal Consent: Yes X No _____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Pinehaven Farm
2. Who is the contact person for this business (name to appear on website)?
John Wood
3. What is your contact information? (address, website, telephone, email)

Address :	64 County Road 21, R.R. #3, Millbrook, Ontario
Website :	N/A
Phone:	home :705.932.3540 from website, mother's number from Aimee: 932.5578 cell phone: 927.2132
Email:	johwoo@nexicom.net

4. When did you establish your business?
1980
5. What products do you produce or supply?
And what month(s) are these products produced?
-variety of 70 Potatoes, beets, carrots, beans, cucumbers, squash, pumpkins
6. What products do you supply to the Seasoned Spoon Cafe?
-potatoes, onions, garlic, squash

7. How long have you been supplying the Spoon?

8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?
Pick-up by appointment

9. Do you attend local farmers markets?
If so, which farmers markets?
Peterborough Farmers' Market on Saturdays
Millbrook Farmers Market

10. Are your products available for purchase at local stores/cafes?
If so, where are they available?
No

Participants Name and Affiliation: **Rhea-Ily Emu-zing Ranch**
Received Verbal Consent: Yes X No _____*but no pictures*

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Rhea-Ily Emu-zing Ranch
2. Who is the contact person for this business (name to appear on website)?
Russet and Ralph Preston
3. What is your contact information? (address, website, telephone, email)

Address :	1559 County Rd. 46 R.R. #4 Haveolck, ON K0L 1Z0
Website :	www.emuzing.com
Phone:	705.778.2635 **FM pick-up**
Email:	ralph.s.preston@gmail.com

4. When did you establish your business?
1990
5. What products do you produce or supply?
 And what month(s) are these products produced?
-”Emu, Rhea (South American Ostncil) Meat, Chicken (Meat & Eggs), Duck (Meat & Eggs) , Quail Eggs, Honey, Emu Oil Cream, Salves, Lip Balms, and Soaps.”
6. What products do you supply to the Seasoned Spoon Cafe?
-Eggs

7. How long have you been supplying the Spoon?

8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?
-Order Form for products to be delivered **pick up?
-don't encourage farm gate

9. Do you attend local farmers markets?
If so, which farmers markets?
Peterborough Farmers' Market (year round)

10. Are your products available for purchase at local stores/cafes?
If so, where are they available?
-fowlers corners craft works

Participants Name and Affiliation: Paula Anderson, Sun Root Organics

Received Verbal Consent: Yes No Like to see information before me post any information

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Sun Root Organics
2. Who is the contact person for this business (name to appear on website)?
Paula Anderson
3. What is your contact information? (address, website, telephone, email)

Address :	542 Rogers St, Peterborough, Ontario K9H 1X2
Website :	http://sunrootorganics.blogspot.ca/ (out of date)
Phone:	705.876.7516
Email:	pauladeniseanderson@gmail.com

4. When did you establish your business?
2004
5. What products do you produce or supply?
And what month(s) are these products produced?
Organic vegetable grower (grow during regular season: spring-fall, root vegetables in the winter months)
6. What products do you supply to the Seasoned Spoon Cafe?

salad mix, root vegetables

7. How long have you been supplying the Spoon?
Off and on, depending on Season and what they need. Since early Spoons existence
8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?
-Can buy directly
9. Do you attend local farmers markets?
If so, which farmers markets?
Peterborough Downtown Farmers Market.
By the Bushel Community Food Co-operative.
10. Are your products available for purchase at local stores/cafes?
If so, where are they available?
No, just the coop and farmers market

Participants Name and Affiliation: T & R Jones Family Farm

Received Verbal Consent: Yes _ No -Completed via Internet research

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?

T & R Jones Family Farm

2. Who is the contact person for this business (name to appear on website)?

3. What is your contact information? (address, website, telephone, email)

Address :	69 Wall Road Niagara-on-the-lake, ON
Website :	
Phone:	(905) 968-5644
Email:	amherst.group@bellnet.ca

4. When did you establish your business?

5. What products do you produce or supply?
And what month(s) are these products produced?
Apples, Fruit

6. What products do you supply to the Seasoned Spoon Cafe?

7. How long have you been supplying the Spoon?

8. Do you have a retail operation/farm gate?

If so, what are your hours of operation?

Mon- Sun 10:00 am-7:00 pm

9. Do you attend local farmers markets?

If so, which farmers markets?

Peterborough Farmer's Market

Lindsay Farmer's Market

10. Are your products available for purchase at local stores/cafes?

If so, where are they available?

Participants Name and Affiliation: **Tall Tree Farm, Amanda O'Rourke**

Received Verbal Consent: Yes X No

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Tall Tree Farm
2. Who is the contact person for this business (name to appear on website)?
Amanda O'Rourke Dave Sharpe
3. What is your contact information? (address, website, telephone, email)

Address :	974 County Rd. 48, Havelock, ON
Website :	no
Phone:	705.778.9861
Email:	talltreewoodworks@gmail.com

4. When did you establish your business?
8 yrs ago (2007)
5. What products do you produce or supply?
And what month(s) are these products produced?
Maple Syrup(Feb-April), heirloom vegetables (outdoor ptb market mid may start selling seedlings(tomatoe) depending on season greens (spinach) until end of october) havent been inside at farmers market in last couple years
6. What products do you supply to the Seasoned Spoon Cafe?
Maple Syrup

7. How long have you been supplying the Spoon?
8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?
-No
9. Do you attend local farmers markets?
If so, which farmers markets?
Peterborough Farmers Market (on Saturday)
-can't sell maple syrup at peterborough farmers market
-just sell vegetables at farmers market
10. Are your products available for purchase at local stores/cafes?
If so, where are they available?
no

Participants Name and Affiliation: Trent Vegetable Gardens

Received Verbal Consent: Yes X No _____

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Trent Vegetable Gardens
2. Who is the contact person for this business (name to appear on website)?
Caitlin Bragg
3. What is your contact information? (address, website, telephone, email)

Address :	The Rooftop Garden, which is located on the Environmental Science Complex, and The Field Garden, which can be found north of the DNA building
Website :	http://trentgardens.org/
Phone:	N/A
Email:	trentvegetablegardens@gmail.com

4. When did you establish your business?
2006 (field garden established)
5. What products do you produce or supply?
And what month(s) are these products produced?
Vegetables: May-October (varies depending on weather)
some fruit, vegetables change by year based on needs
6. What products do you supply to the Seasoned Spoon Cafe?
Vegetables and some fruit

7. How long have you been supplying the Spoon?

2006

8. Do you have a retail operation/farm gate?

If so, what are your hours of operation?

No, all food mostly donated. But possible in the future

9. Do you attend local farmers markets?

If so, which farmers markets?

No

10. Are your products available for purchase at local stores/cafes?

If so, where are they available?

No, the food is donated to Lighthouse Community Center, Good Food Box, (listen to audio for more)

-option to work at garden and take food home for free

**Note: Questions 11-15 only answered by those suppliers chosen to be displayed on poster.

11. Why did you get involved in food production and/or supplying food?

-Professor Tom Hutchinson thought to turn unused urban spaces (such as rooftops) into productive spaces for research and agriculture

-Rooftop garden project started project in 1996 to monitor ozone levels and conduct environmental research

-This project evolved into what it is today

-create food to table system

-to connect people to their food

-develop more sustainable food systems

12. What efforts do you make for your operation to be ethically, environmentally and/or socially responsible? (i.e. organic, free-range, limited packaging, pricing etc.)

-"Both gardens employ organic principles and highlight native plants, indigenous agricultural techniques, permaculture techniques and practice seed saving"

-ecological small scale agriculture

-organically grown but not certified organic

-no pesticides

-excess food from cafeterias on campus composted and used to grow food

-minimal transportation costs because food grown on campus

-create student employment and research

-gives access of food to anyone because can work at garden and take food home for free giving the community empowerment

-untreated seeds

13. Do you have a set of guidelines/principles that you follow when sourcing/producing your products?

If so, what are they?

- "Sustainability: Ecological integrity, economic and social justice."

- "Experimental Learning: Do it! Know it! Live it! Applied learning that inspires and empowers; creates, shares and transfers knowledge, provide academic for-credit or curriculum linked opportunities."

- "Innovation: Explore and address current issues in food systems, implementing ideas and engage in experiential research."

- "Collaboration: Nurture connections and opportunities for partnerships, support inclusivity, diversity and co-creation."

- not a lot of funding so have to get what they can at local level

14. What is your vision for a sustainable and local food system?

- "The Trent Vegetable Gardens are food producing spaces at Trent University where a community of empowered people are engaged in a resilient, sustainable food system."

15. What is one thing a person can do to support local and sustainable food systems?

- "Get out and grow. Get your hands in the dirt."

Participants Name and Affiliation: Andrew McIlmoyle, Waymac Farms

Received Verbal Consent: Yes _____ No _____ - Completed via Internet Research

INTERVIEW GUIDE

Interview Questions:

1. What is the name of your business (farm, etc.)?
Waymac Farms
2. Who is the contact person for this business (name to appear on website)?
Ann & Andrew McIlmoyle
3. What is your contact information? (address, website, telephone, email)

Address :	R.R #1, 1787 11th Line Smith, Lakefield, ON K0L 2H0
Website :	
Phone:	705.652.8692
Email:	waymacfarms@aol.com

4. When did you establish your business?
1992
5. What products do you produce or supply?
And what month(s) are these products produced?
Shiitake, oyster(brown,yellow, blue) and portabella, white and cremini mushrooms
6. What products do you supply to the Seasoned Spoon Cafe?
Mushrooms
7. How long have you been supplying the Spoon?

8. Do you have a retail operation/farm gate?
If so, what are your hours of operation?

Farm-gate call first

9. Do you attend local farmers markets?
If so, which farmers markets?

Peterborough Farmers Market

Lindsay Farmers Market

10. Are your products available for purchase at local stores/cafes?
If so, where are they available?

Seasoned Spoon Cafe

Appendix C: Database

Supplier/Producer	Class	Photo	Longitude	Latitude	Contract Person	Address	Website	Phone	E-mail	Established	All Products	Months Produced	Products Supplied to Spoon	Supplying since	Retail Operation/Farm-Gate	Hours of Operation	Farmers Markets	Other cafes/products available
Diesel House Coffee Roasters	Coffee	http://www.dieselhousecoffee.com/images/logo.png	-79.289551	44.05538	Todd Willford	1080 Taylor Court, Bracebridge, ON	www.dieselhousecoffee.com	(705) 646-0887	info@dieselhousecoffee.com	2010	Coffee, Espresso	All Year	Coffee	2011	Various retail locations in Peterborough, click here for list	Look up specific retail location	N/A	Planet Bakery
Empire Cheese Co-op	Dairy	http://www.empirecheese.com/images/empirecheese.jpg	-77.764942	44.2686	Vicki McMillan	1120 County Rd 8, Campbellton, ON	www.empirecheese.com	(705) 653-3187	vicki@empirecheese.com	1876	Variety of Cheese, cheddar and fresh curd	All Year	Cheese	2004	Yes	Mon-Fri: 8:5 Sun-5:5	Peterborough Farmers Market	List of Stores
Finshaven Farm	Produce	http://www.farmersmarket.com/images/finshavenfarm.jpg	-78.528981	44.13111	John Wood	64 County Rd 21, Millbrook, ON	N/A	(705) 932-3540	johnwood@finshavenfarm.com	1980	70 varieties of potatoes, beets, carrots, beans, cucumbers, squash, pumpkins, onion, garlic	Depends	Potatoes, Onions, Garlic, Squash	2005	Farm-gate	Pick-up by appointment	Peterborough Farmers Market, Millbrook Farmers Market	N/A
C Bruni & Sons Farms	Produce	http://www.brunifarms.com/images/brunifarms.jpg	-78.898512	44.02446	Neredith Bruni	730 Baglan Rd., Orillia, ON	N/A	(905) 655-3440	mbruni@brunifarms.com	1978	Asparagus, Beans, Seeding Plants: Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Corn, Cucumbers, Eggplant, Flowers, Garlic, Herbs, Kale, Onions, Peas, Peppers, Perennials, Potatoes, Pumpkins, Rapini, Rhubarb, Squash, Strawberries, Tomatoes, Zucchini	All Year	Variety of Vegetables	2008	Wholesale Sales	N/A	Peterborough Farmers Market	N/A
Sun Root Organics	Produce	http://2.bp.blogspot.com/_VIZ77kKX8C7/EM7T0MFI/AAAAAAAAACK/OmS8E6G0U/250/Full%20Logo.png	-78.309159	44.31089	Faula Anderson	542 Rogers St, Peterborough, ON	http://www.sunrootorganics.com	(705) 876-7516	paulesanderson@gmail.com	2004	Organic Vegetables	All Year	Salad Mix, Root Vegetables	2008	Can buy directly	N/A	Peterborough Farmers Market (Wednesday)	N/A
Waymac Farms	Produce	http://www.waymacfarms.com/images/waymacfarms.jpg	-78.328222	44.44937	Ann & Andrew McIlmoyle	1787 11th Line, Lakefield, ON	N/A	(705) 652-8692	waymacfarms@aol.com	1992	Mushrooms: shiitake, oyster (brown, yellow, blue), portabella, white and cremini	All Year	Mushrooms	2010	Farm-gate	Call Ahead	Peterborough Farmers Market, Lindsay Farmers Market	N/A
Kawartha Dairy	Dairy	http://www.kawarthadairies.ca/images/images/kawartha%20dairy.jpg	-78.550021	44.54167	Tom Legere	89 Prince St W, Boboye, ON	www.kawarthadairy.com	(705) 788-5123	info@kawarthadairy.com	1937	Ice cream, milk, butter and cream	All Year	Milk, Cream & Butter	2009	Various retail locations, click here for list	Look up specific retail location	N/A	List of Stores
Trent Vegetable Gardens	Produce	https://www.trentvegetablegardens.com/2015/04/11/081038-9266884785765-45901-4714921451202-0.jpg	-78.288564	44.35917	Caitlin Bragg	1600 W Bank Dr, Peterborough, ON	http://trentvegetablegardens.org	N/A	treventvegetablegardens@gmail.com	2006	Vegetables and some fruit	May-October (varies depend on weather)	Vegetables and some fruit	2005	No, most food is donated	N/A	N/A	N/A

Appendix D: Highlighted Profile Text

Diesel House Coffee Roasters

Diesel House Coffee Roasters supplies the Seasoned Spoon Cafe with the freshest, fair-trade organic coffee in Central Ontario. Established in 2010 out of a love for spectacular coffees from around the world Diesel House owner Todd Wilford began his venture in Bracebridge. A conscious effort is made at Diesel House to reduce their waste from the roasting process. The 'chaff' skin off the coffee bean, which is a waste by-product of the roasting process, is recycled by local farmers as bedding for animals and compost.

Empire Cheese

Empire Cheese Co-op is the pride of Campbellford Ontario. Since the late 1870's Empire has been providing the local community with all natural, no preservative added cheese. Today Empire Cheese is the primary cheese supplier of the Seasoned Spoon, supplying a variety of aged cheddars, mozzarella and parmesan. Local food security is incorporated into Empire's future vision of maintaining their current production standards while meeting the needs of the local consumer and keeping their products affordable for all to enjoy.

Kawartha Dairy

Since 1937 Kawartha Dairy has been serving the region with the finest ice cream and milk. Currently over 90% of the fresh milk the company uses is sourced from dairy farms located 100km or less from the dairy's processing facility in Bobcaygeon. Kawartha Dairy continues to improve their environmental footprint by increasing energy efficiency in their operations, reducing water use, redirecting surplus products to secondary uses and increasing both the quantity and type of materials they recycle. Kawartha Dairy encourages their customers to seek local options when sourcing their food.

Trent Vegetable Gardens

Trent Vegetable Garden has grown from a garden monitoring ozone levels and other environmental research to the field to table system it is today on the Trent University campus. Connecting community members to their food while developing resilient, sustainable food systems is a primary focus of Trent Vegetable Gardens. The Gardens employ organic principles, highlighting native plants, indigenous agricultural techniques, permaculture techniques and practise seed saving. Benefits and community empowerment from the Trent Vegetable Gardens include but are not limited to the following. The compost used at the gardens is composed of the excess food collected

from the on campus cafeterias. The Gardens create student employment and applied learning. Trent Vegetable Gardens encourages people to support local, sustainable food systems by getting out and growing. If you are interested in getting your hands dirty you can do this by volunteering at the Gardens. Trent Vegetable Gardens is a volunteer driven levy group that is often looking for volunteers.

Guiding principles of Trent Vegetable Gardens

Sustainability: Ecological integrity, economic and social justice.

Experimental Learning: Do it! Know it! Live it! Applied learning that inspires and empowers; creates, shares and transfers knowledge, provide academic for-credit or curriculum linked opportunities.

Innovation: Explore and address current issues in food systems, implementing ideas and engage in experiential research.

Collaboration: Nurture connections and opportunities for partnerships, support inclusivity, diversity and co-creation.

Chick-a-biddy Acres

Sherry Patterson, co-owner of Chick-a-biddy Acres, always wanted to be a farmer. Her passion and desire led her to create Chick-a-biddy Acres, a 100 member CSA (community shared agriculture). Chick-a-biddy prides their operation in being ethically, environmentally and socially responsible by growing their products in a herbicide and pesticide free environment, using only the richest compost, rotating their crops and limiting the amount of packaging by using reusable boxes and bushel baskets. Sherry encourages people to get to know your farmer, educate yourself on what products are available and lastly “let food be your medicine”.

Ontario Natural Food Co-op

Formerly Toronto Federation of Food Co-Operatives and Clubs Inc., the Ontario Natural Food Co-op (ONFC) supplies and distributes over 6000 products bringing the best in natural and organic products to many shelves across Ontario. On the shelves of the Seasoned Spoon you will find a variety of fair-trade dry products sourced from ONFC including teas and spices. *Food for people not for profit* is a motto that is used at ONFC; food is shared with staff, agencies or food banks limiting the amount of which goes to waste. Environmental responsibility is sought through efficient lighting initiative, water usage sensors and recycling practises. The Ontario Natural Food Co-op is committed to increasing their relationships with local Ontario producers.