

# 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](http://www.seasonedspoon.ca/sourcing)



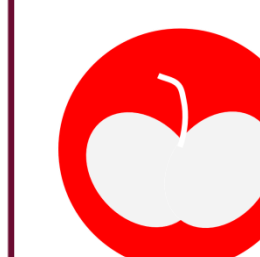
**Diesel House Coffee Roasters** supplies the freshest, fair-trade organic coffee in Central Ontario. Todd Wilford established the business out of a love for spectacular coffees from around the world. Diesel House reduces their waste from the roasting process by recycling the 'chaff' skin off the coffee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



**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.



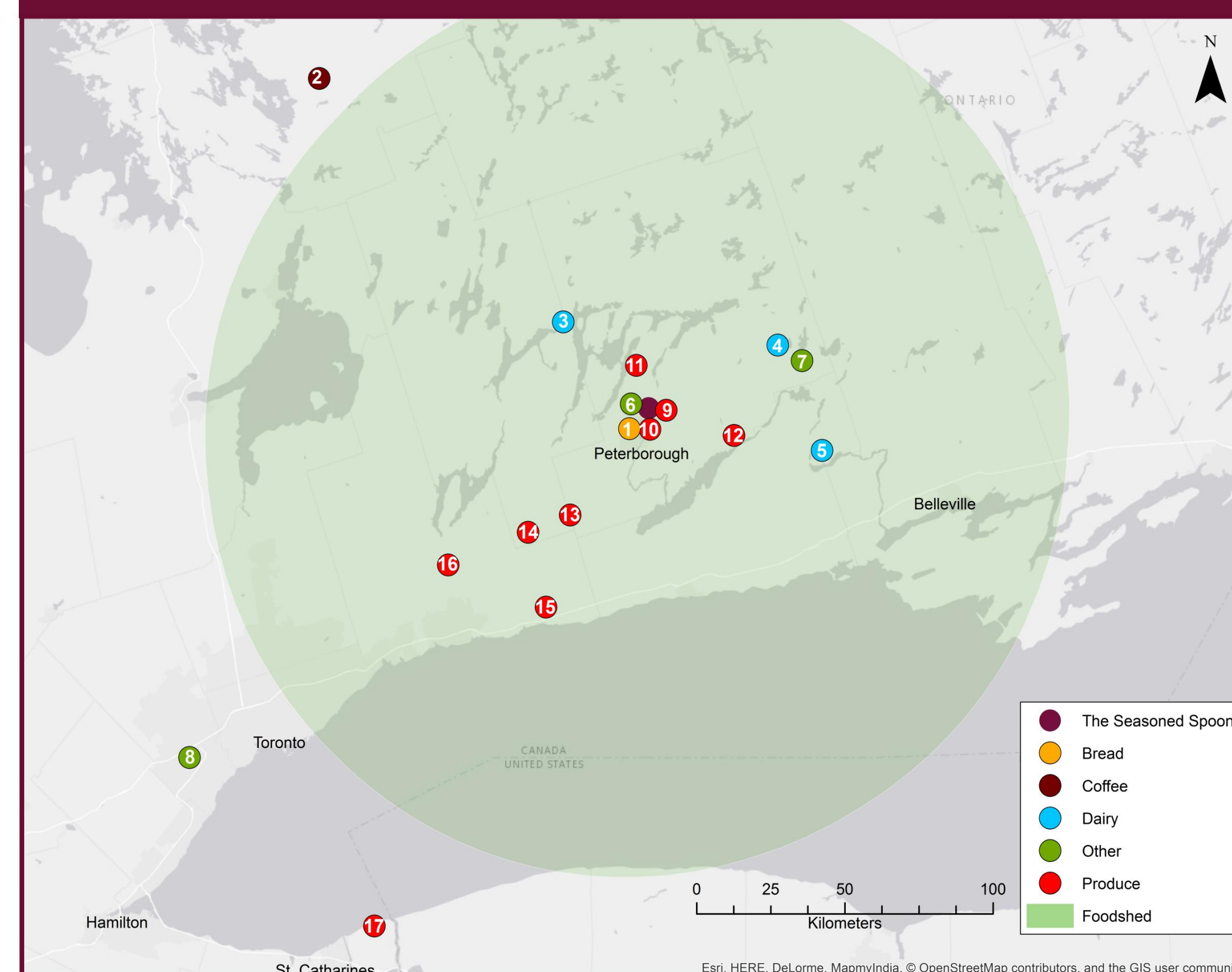
**Empire Cheese Co-op** provides all natural, no preservative added cheese and is the primary cheese supplier of the Seasoned Spoon. Local food security is incorporated into Empire's future vision of maintaining their current production standards while meeting the needs of the local consumer and keeping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



## Where does our food come from?



- 1 Electric City Bread Company
- 2 Diesel House Coffee Roasters
- 3 Kawartha Dairy
- 4 Rhea-Ily Emu-zing Ranch
- 5 Empire Cheese Co-op
- 6 Batten's Country Choice Honey & Pure Maple Products
- 7 Tall Tree Farm
- 8 Ontario Natural Food Co-op
- 9 Trent Vegetable Gardens
- 10 Sun Root Organics
- 11 Waymac Farms
- 12 Chick-a-biddy Acres
- 13 Pinehaven Farm
- 14 Brown's Farm
- 15 Allin's Orchard & Country Market
- 16 C. Bruni & Sons Farms
- 17 T&R Jones Farm



**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.

