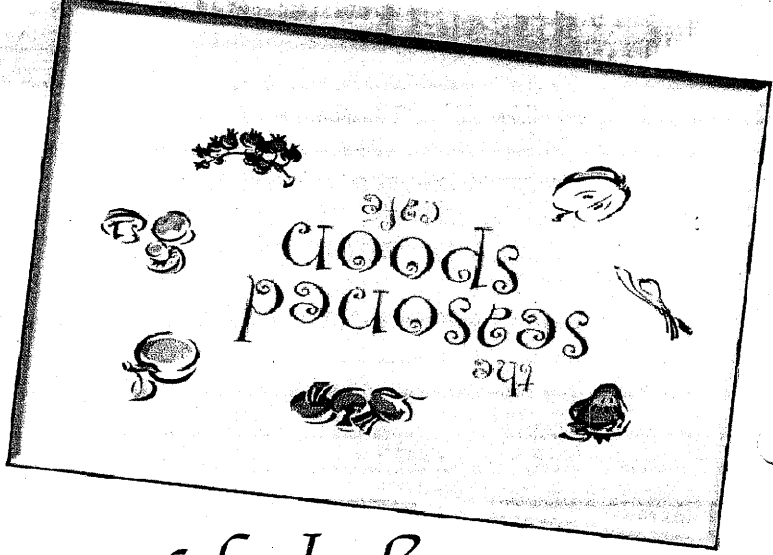


A Food Sourcing Ethnography For...



The Seasoned Spoon provides organic, locally produced food for its customers...

...do you ever wonder where the food you eat at the Seasoned Spoon comes from?

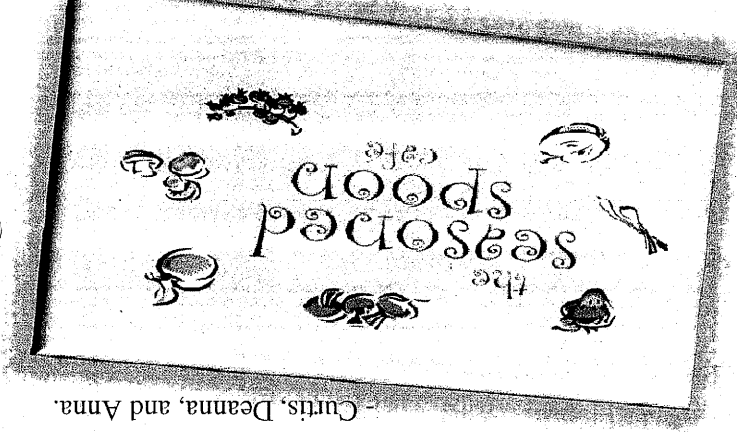
...do you ever wonder who produces it?

Put a face to your food! Take a look inside!

The layout and information provided in this pamphlet is the result of a collaborative effort by the Seasoned Spoon and three Trent students: Anna Haas, Deanna Hergert, and Curtis Jackson. Anna, Deanna, Curtis, and the Spoon would like to thank Paula Anderson (course instructor for ERST 334H – The Canadian Food System), Barbara Woolner and the TCCBE staff, and especially the farmers mentioned in this 'zine for taking the time out of their busy schedules to let us pick their brains and run rampant on their farms.

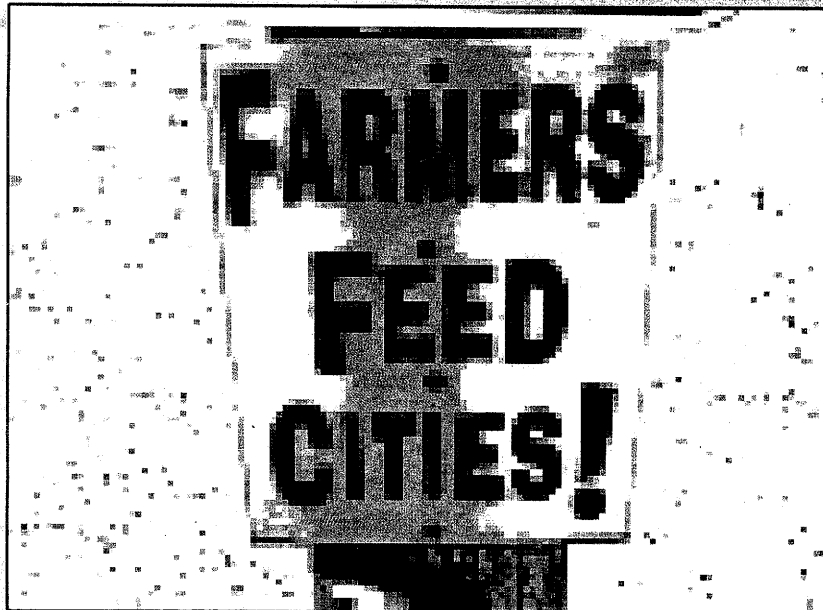
"In September of 2007, we decided to do our community research project in the form of a 'food sourcing ethnography' for the Seasoned Spoon. Our goal was ultimately to learn where the food served at the Seasoned Spoon comes from and who it is that produces it. Along the way, we learned a great deal about our local food system. We learned how eating locally can benefit so many people involved in its process – from the farmers, who care for their land so diligently and rely on a local demographic to sustain them, to the consumers who make that possible while supporting nutritional, social and environmental sustainability simply by choosing to eat local food. We enjoyed this project thoroughly, and hope we can help to promote the importance of the Seasoned Spoon's initiative and to 'put a face to the food' for its staff and patrons. To the farmers: You've inspired a great change in the way we think about our food system. The convenience of a grocery store pales in significance to your knowledge and hospitality, and to your dedication to the land you work."

—Curtis, Deanna, and Anna.



The Project...

When eating at the Seasoned Spoon, you can rest assured that you are eating food that is a healthy and sustainable alternative to the food found in most other establishments in Peterborough, and on Trent's campus. Providing food that is locally grown, healthy, organic and affordable, the Seasoned Spoon encompasses a distinct allegiance to being sustainable, promoting awareness and strengthening links within the Peterborough community.



Through the Trent Centre for Community Based Education and the Canadian Food System course, three students had the opportunity and privilege to some of the many local farmers that grow and provide food for us all to enjoy in this very café. These farmers shared their experiences and stories of how they came to work with the land, the challenges and triumphs of growing healthy food using sustainable practices and why they support the Seasoned Spoon. This 'zine showcases the stories and

C.S.A. / Community Supported/Shared Agriculture

Cash Crop

'Certified Organic'

Cold-hardy Plants

Organic Food (Crops)

Permaculture

(Ecological) Sustainability

Sustainable Agriculture

Having a site-specific application that will only be helpful in those cases where the needs, interests, and constraints of the local context are taken into account, and the most efficient use of land, water, and other resources is achieved, and the health of the soil, the health of the farm, and the health of the community are all taken into account, and the health of the farm, the health of the community, and the health of the planet are all taken into account, and the health of the farm, the health of the community, and the health of the planet are all taken into account.

Sustainable Food System

A collection of practices that help sustain a healthy, productive, and resilient food system that is able to meet the needs of the community and the planet, and that is able to sustain itself over time.

... encourage you to investigate these definitions further. Some definitions are more broadly defined in order to present their basic ideas and conceptual framework. Some of the definitions above may widely vary, depending on the source, particularly those in reference to 'sustainability'. We feel these definitions are most appropriate for the contexts in which they are presented throughout this zine.

Welcome to the Seasoned Spoon!

And so...

The Seasoned Spoon is an independent cafe at Trent University offering delicious lunches and snacks for students, staff and faculty. Acting as an alternative to the processed, institutional offerings of the larger corporations, the Spoon's mission is to serve up ethically-minded fare on real dishes. Our key principles are:

- To serve healthy, organic, locally grown, affordable food
- To be a student-run, co-operatively structured, not-for-profit organization
- To offer student learning opportunities through paid staff, volunteer work, and Community Based Education courses
- To encourage the diverse use of preexisting student space on campus
- To strengthen university links with the Peterborough community
- To increase community awareness of food issues through educational outreach remaining true to our mandate
- To be accountable to our members by continuing to serve their interests and inform our membership of our services and to seek their input.
- To have a decision-making process that is based on consensus and that promotes respect and to respect the diverse options that will exist within the group.

A little history...

The cafe evolved from work begun by Ontario Public Interest Groups (OPIRG) Food Issues Group, (FIG). FIG started the Stone Soup Project in 2002 to provide local organic soup by donation on Trent's campus. Greeted with an overwhelmingly positive response FIG recognized the need for a serious food alternative on campus. FIG started work on a cafe proposal which would not only provide an ethical food alternative but would give students opportunities for meaningful involvement both practically and academically.

For the past quarter century, the Peterborough Chapter of the Ontario Public Interest Research Group (OPIRG) has been pursuing social justice and environmental activism on the Trent campus and in the Peterborough community. Over time OPIRG has worked on a wide range of issues and has seen its alumni go on to contribute to other social justice and environmental movements. Today OPIRG continues to be a dynamic organization where many Trent students learn the skills and knowledge they need to become active and involved citizens.

FIG: the Food Issues Group
 Food Issues Group is a working group of OPIRG that addresses issues around food and agriculture. Some of FIG's major projects have included the Stone Soup Project: a volunteer soup stand supporting local agriculture that predated the Seasoned Spoon; as well as ongoing supermarket tours. During a tour of your local grocery store FIG demonstrates how the food system is changing through the importing, marketing and packaging of foods, outlining the resultant impacts on the environment and our health. FIG can also be found cooking up healthy fare for conferences, leading workshops and enjoying the delights of good food.

* The information provided on this page can be found at the Seasoned Spoon's website: <http://www.trentu.ca/stuorg/seasonedspoon/>

knowledge of these marvellous individuals, all of whom have a hand in the existence of this cafe. The photographs included in this 'zine showcase the labours associated with a sustainable farm operation. The ability to have such a close connection to our food and to learn about the care and integrity of the individuals that grow it is unfortunately a rarity in this day and age. We thank the farmers who support a diverse and healthy



community for giving us time from their busy schedules during the harvest season to share their stories and for showing us their farms. Hopefully you, Seasoned Spoon patron, get a glimpse of their efforts by looking through this 'zine. Please take the time to look at some additional photographs on the photo-canvas prepared for you, located in the Seasoned Spoon cafe.



The Farmers!

~Gisele Roy~



Depending on the weather, the C. Bruni and Sons farm starts planting seeds in May and their harvesting season lasts until the beginning of October. The Bruni family saves their own seeds for



replanting while practicing crop rotations each year to maintain the soil's fertility. Once the season is over

an abundance of potatoes and cabbage are kept in winter storage and sold to various local markets throughout the winter. The farm is known for their great tasting Yukon potatoes!



During the growing season, the farm rents a part of their land to hobby farmers. This reflects an increasing interest in the number of people wanting to grow their own food. The Bruni family feels that there has always been a strong network of neighbouring farmers and local consumers who continue to support the important work of Canadian farmers in providing ecologically sustainable and quality local food.



C. Bruni and Sons Farm

The C. Bruni and Sons farm is located on a beautiful span of land in Raglan, Ontario. Throughout the season, the farm grows an array of fruits and vegetables including corn, tomatoes, peppers, cauliflower, potatoes, garlic, broccoli, cabbage and carrots. In addition, the Bruni family raises cows and chickens for personal consumption, and sells lamb on the local market.



With strong farming roots in Italy, the Bruni family was inspired to establish a farm in Canada thirty-eight years ago. The C. Bruni and Sons farm sells their fruits and vegetables to various restaurants and markets in Oshawa and to the Peterborough farmers market, which is where the Seasoned Spoon purchases much of their produce.

that, allowing her to share it within the community. It is for this reason that Gisele is happy to support the Seasoned Spoon. Furthermore, she has established a greenhouse operation that, working within the limits of Mother Nature, allows her to grow food year round. A unique multi-layered greenhouse and cold-hardy plants such as kale, beets and tat-soi have enabled this perseverance of bounty, without the use of heating mechanisms, all winter long. This makes Gisele a great



ally to the Seasoned Spoon. Beyond all of this, she states that the most important aspect of being able to maintain her farm is to balance her inputs with the amount of money she can make. Gisele's farm is not Certified Organic, and she does not know if she wants to be. Primarily, this certification is a tremendous expense.





She feels that if people can come to your farm and see that the way you are growing food is suitable to them, it is not necessary to certify. Furthermore, she states that "there is something suspiciously wrong with an input which has to be handled from inside a 'white haz-mat suit'!!!" She says, "Instead of just growing food, you end up killing everything including ourselves!"

*~ Sherry Patterson ~
Chick-a-Biddy Acres C.S.A.*



Sherry Patterson grew up on a farm between London and Chatham. The farm raised 400 head of heifer cattle and also grew the grain to feed them. She left when she was 18 and her brother eventually took over the family

farm, converting it into cash crop, which he still maintains to this day. By 1998, Sherry had been living in Toronto for 25 years doing home renovations and wanted to get back into farming. She decided to return to her family farm for

She found herself taking full advantage of the opportunity by constantly picking his mind to feed her keen interest and passion. When Paula returned to Canada she began her very own C.S.A.. Sun Root Farm has now been actively growing organic produce on rented and loaned plots of land for 5 seasons. The farm has been able to maintain no debt load, which is a rarity for most small farming operations. However, to support her personal needs, Paula works off of



the farm as well. After just one season of running Sun Root, Paula realized that she needed help. She met Ava Richardson (at the Seasoned Spoon) who immediately became her partner in crime. Additional help is not always hard to find, as

volunteers want to occasionally join in on the Sun Root fun. Their mandate is "to grow healthy food for THIS community," and therefore Sun Roots is happy to provide education to the community on matters of eating locally, and are delighted to support the Seasoned Spoon. Although Sun Root is a "far cry" from where they want to be, Paula feels that interest and knowledge of eating locally has grown substantially in recent years. There is even a waiting list to become a member of the Sun Root C.S.A.! She believes that as gas prices increase, supermarkets will see a need to decentralize their regional distribution centres and may eventually alter their buying habits towards local food producers as well. In the future, Sun Roots hopes to reduce



the need for a car by moving closer to Peterborough, in order to make it possible for people to buy directly from the farm with a reasonably short ride on their bicycles.

*~Paula Anderson and Ava Richardson
Sun Root Organics C.S.A. & Market Garden*

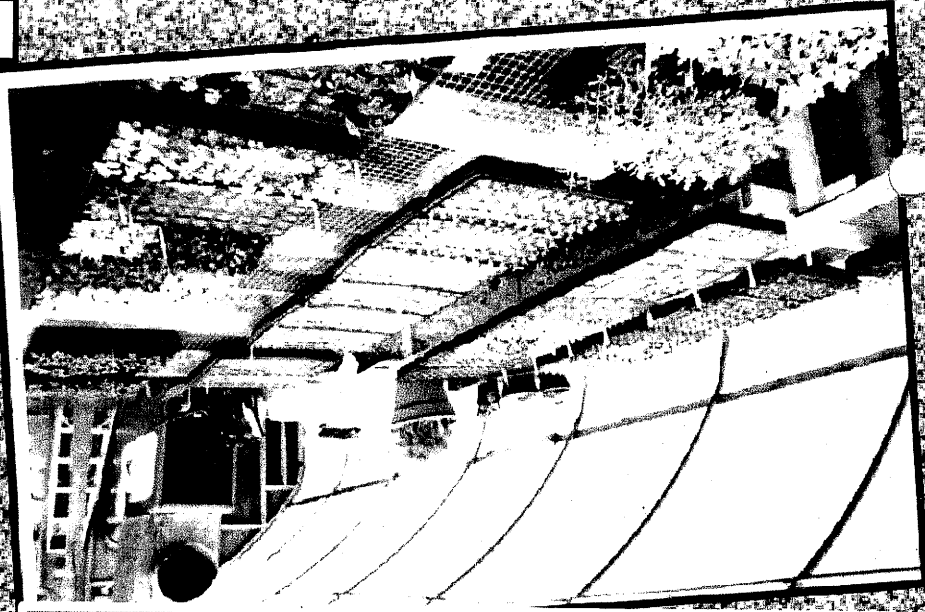
Paula Anderson graduated as a student of the International Development Studies program at Trent University. She completed her undergraduate thesis on a permaculture farm in India, which was managed by a group of women who began the operation entirely from the ground up. For them, this even included learning how to read so that they were able to simply sign their own papers. From these experiences, Paula realized that world issues can be directly affected by one's own actions. There is nothing we do that does not have

implications elsewhere. She realized the central importance of having land and the knowledge to grow our own food. Paula states that "our lack of knowledge [of growing our own food] is nuts!" This caused Paula to want to initiate change in her

own community in order to promote equity worldwide. She became involved in the community of Peterborough to expand on her skills through volunteering at Ecology Park. At the same time she noticed her growing interest and desire to take various courses on agriculture and food. The completion of her first internship at Sun Run Centre near Cameron, Ontario (just north of Lindsay) offered her valuable knowledge on permaculture and garden design. Later, Paula went on to complete her Master Degree in Sustainable Systems Design at Slippery Rock University in Pennsylvania. There she had the opportunity to work on a 450 member C.S.A. where she was, willingly, worked to the bone, with 16-hour days at the side of the operation's mindful master.



a year, trying her hand at agriculture by growing a crop of tobacco. In this she found complete solace and decided to pursue her newfound interest. In 1999, Sherry participated in an internship at Sauguen River C.S.A. to acquire the skills necessary to establish and operate her own farm. Chick-a-Biddy was founded in 2000. For the first 3 years she lived in a trailer on a friend's farm near Port Hope, where she would work the land and grow food for her C.S.A. Every winter, she returned to Toronto where she would continue renovating homes. This meant

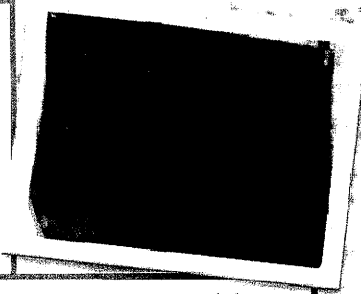




that she was not able to accommodate the needs associated with raising animals. But finally, in 2003, Sherry bought her own farm near Hastings where the Chick-a-Biddy Acres C.S.A. has been able to expand, raising animals and growing a greater diversity of produce with each passing year. Today Sherry lives a modest lifestyle within her means. She has a partner who helps maintain some costs of owning the farm by working full-time at her own health practise. In the winter, Sherry sells the meat she raises throughout the year and subsidizes her income with occasional freelance renovation work. Yet, she finds it phenomenal how little she actually needs to go to the store. She says that her biggest stresses always lay with hoping the crop will do well. Most often, this depends on things that are out of her control, such as the weather. In order to keep her members involved with what is going on, Sherry sends out a quarterly letter explaining the state of affairs on the farm.

Chick-a-Biddy Acres C.S.A. is happy to support The Seasoned Spoon and what it represents. Gesturing to a

hand-dyed flag on her wall, Sherry reflects on her feelings towards the Seasoned Spoon: "That says it right there: 'Beet the System'. Trent has been as asset to the community and is inspiring for us farmers to see the interest in eating locally and



organically. The fact that the Seasoned Spoon was able to flourish on Trent's campus, despite the Aramark monopoly, is a true inspiration to our goal as local farmers to get more people to support a sustainable food



system. The Seasoned Spoon has shown that it can be done." The flag was made by Chick-a-Biddy's vice president, Jessi Dobyens. Jessi has apprenticed at Chick-a-Biddy for three years, is a founding member of the Seasoned Spoon, and currently sits on the Board at the Spoon. Chick-a-Biddy often participates in events that help raise awareness in the community to the importance of eating locally and seasonally. It is not in any way a means of promoting her own business, for Chick-a-Biddy can only grow

for so many people. Interest is picking up, but change is slow. To Sherry it is surprising how many people don't know about Community Supported/Shared Agriculture. She first heard the term "C.S.A." in 1999, and nearly a decade later feels as though more people should be aware of the movement. "Perhaps it will take another decade for the awareness to be more widespread."