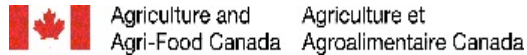




PEI ADAPT Council Agri-Newsletter



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In This Issue:

ADAPT AGM/Conference: 'Vitality in Agriculture'
Canada's Master of Wild Edibles
Plants for a Future
A Forest of Food Planned for City

'Vitality in Agriculture' PEI ADAPT Council AGM/Conference Wednesday March 24, 2010

This year's ADAPT Council Annual General Meeting Conference will feature keynote presentations from:

Tom Gilbert,

Tom is a Board of Director of The Center for an Agricultural Economy and Executive Director, Highfields Center for Composting. Tom will present examples of how agricultural initiatives are navigating economic renewal in rural America.

Margaret Webb,

Margaret is the award winning author of 'Apples to Oysters.' She will be speaking about her research on, 'Canada's Broken Food System and Solutions for a Fix.'

Greg and Tania MacKenzie,

Greg and Tania are the 'Canadian Outstanding Young Farmers 2009.' They will be talking about their successful farming operations in Stratford, Prince Edward Island!

Mark your calendars and stay tuned for upcoming details of this exciting and informative day.

Canada's Master of Wild Edibles

by Sarah Elton

When the fresh matsutake mushrooms arrived at the Forbes Wild Foods office in Toronto, Meaghan Lynch rushed to open the box. The valuable pine mushroom, loved by many-but particularly by the Japanese, who will pay more than \$100 for a good one-had been harvested in northern Quebec for the first time.

Lynch then called the chefs who were waiting for news of the matsutakes' arrival and promptly sold out of the more than ten kilos she received that first day.

The matsutake is just one of many hard-to-find products harvested from the Canadian wilderness and sold by Forbes Wild Foods. Founded by Jonathan Forbes, the business started back in the late 1990s when Forbes realized that no one knew what he was talking about when he told them of the chokecherries he'd picked or the beechnuts he was eating. "If you asked people what are Canadian wild foods, you'd be lucky to get more than wild rice, maple syrup, and blueberries," he said.

Nowadays, Forbes also sells pawpaws and wild leeks, both indigenous to southern Ontario. These are scarce (pawpaws more so than leeks) because human development has taken over their native habitat. But Forbes also sells foods that Canadians simply have forgotten how to eat, like woodland lobster mushrooms that really do taste like their marine namesake and that the Ojibwe used to pick. Saskatoon berries whose bushes cover vast swaths of Alberta, Saskatchewan, and Manitoba. Cattail hearts and shoots that grow wild in wetlands and marshes across the country.

By bringing these foods out of the wilderness, Forbes is offering a different view of the Canadian backwoods. He's reminding us that the wild has an intrinsic value-that it is an ecosystem and a place to find delicious food, not just a great expanse of nothingness.

Thanks to Forbes, Canadian wild foods are slowly moving into the spotlight.

For the complete story see:

<http://food.theatlantic.com/stories/canadas-master-of-wild-edibles.php>

Plants for a Future

For further information on other edible, medicinal and useful plants that may have commercial potential see: <http://www.pfaf.org/index.php>

A Forest of Food Planned for City

Vacant lots in Pittsburgh are turning into edible landscapes

Doug Oster/Post-Gazette; doster@post-gazette.com or 724-772-9177

Sunday, November 15, 2009

Juliette Jones, left, and Michelle Czolba are planning to grow trees, shrubs and perennial herbs to help feed the community with fresh food.

Four vacant, adjacent lots in the heart of Pittsburgh's business district hold the promise of something better -- a soon-to-be oasis of fresh food. Now the land is covered with tall grasses, scrubby brush and milkweed plants with dried brown pods that have littered the ground with feathery white seeds.

In the center of the field is a tamped-down, cleared space revealing an unlikely sight. Juliette Jones and Michelle Czolba sit on the ground amid the tall weeds strategizing about the details of turning this place into something called a food forest.

Both women are using their masters' of science degrees in sustainable systems from Slippery Rock University of Pennsylvania to make a difference in the neighborhood.

Some of their inspiration comes from the Philadelphia Orchard Project, which since 2007 has worked with community organizations and volunteers in that city to bring orchards to vacant lots.

The site will use new techniques to provide fresh food and green space for the community, using a technique called permaculture, or permanent agriculture.

"It's trying to replicate some of the systems that nature uses to grow food," Ms. Jones said.

Unlike a community garden in which annual vegetables are grown, the food forest will be planted in zones -- one with trees, then smaller perennial fruit-bearing shrubs, hardy ground-hugging herbs and other plants that continue to bloom and produce each year.

Self-described urban farming advocate Jim McCue, a longtime resident of Hazelwood, said he has watched as his neighborhood has lost important basic resources, such as a grocery store. He doesn't like it.

As a crusader for local food, he has helped create gardens and a farm stand in Hazelwood, and he dreams of building a greenhouse across from the vacant lots. Mr. McCue believes that turning to green strategies and fresh food will help resurrect Hazelwood.

"If you feed people, it's the wisest investment you could possibly make," he said. "Your mind is part of your body. If you eat well; you're going to think well."

"I'm confident that people are going to start catching on; with good management you can take a small area of land right in the city and grow good, healthy food and a fair amount of it."

Ms. Jones also hopes to see the food forest idea spread to other city neighborhoods.

For more information about the Pittsburgh Food Forest or to volunteer, go to pittsburghfoodforests.blogspot.com or its Facebook page at www.facebook.com/group.php?gid=243498015467. Or contact pghfoodforests@gmail.com.

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