



FOOD SECURITY: Avoiding food waste during pandemic

By Lynn Moreau

Each year in Canada, about 35.5 billion kilograms of food is wasted. According to a report written by the United Nations, Canadians waste 79 kg of food a year in the home. That's more than our southerly neighbours in the U.S. who waste 59 kg a year.

At the start of the pandemic, the closure of restaurants, hotels and schools left many farmers with no buyers for their products. As a result, farmers were forced to destroy millions of pounds of fresh food that could no longer be sold. Charities have limits on the volumes of perishable food that can be stored, and as a result farmers had no choice but to throw out large volumes of food. At the beginning of the pandemic, milk demand dried up overnight, but the cows didn't. Dairy Farmers of Ontario had to tell their producers to dump their milk down the drain.

COVID-19 has significantly affected people's food purchasing and consumption habits. Fear of disruption in the food supply chain has caused an increase in the quantity of food being purchased by households which could be leading to an increase in the amounts of food being wasted. Reasons for food waste may include food being left in the fridge or freezer too long, not consuming food before

the best before dates, or not preparing the proper amount of food for the number of individuals consuming it.

Organic waste usually makes up about 30% of the waste stream. The Province has mandated that municipalities in Ontario put an organic waste recycling program in place by 2025. Food waste is a contributor to climate change, food waste and organic matter are big methane producers. More organics going to landfill means higher rates of methane production leading to enhanced global warming.

Dane Fader of Windsor Essex decided to do something about the food he saw being wasted. The founder of Greener Farms, he began a residential pick-up and composting business that focuses on full circle farming. He picks up food scraps from residents, feeds it to chickens, and uses it to create compost that is later delivered to residents for their gardens. He utilizes the rest of the compost to grow produce on his farm.

What can you do to avoid food waste and ensure that your disposal of organic waste is not contributing to methane production? Compost your food scraps through backyard composting, bringing your waste to a community composting site, or using a worm bin in your apartment.



To reduce waste at home, plan your meals, donate excess foods, and properly store and refrigerate your vegetables. It is even possible to regrow vegetables from scraps simply by placing them in water! Foods that can be regrown include green onions, celery, romaine lettuce, bok choy, carrots, leeks, onions, and even pineapple!



RESOURCES: Agriculture Programs



IAPO
Business, Farm and Agribusiness Financing

INDIAN AGRICULTURE PROGRAM OF ONTARIO

Financing for business startups and expansions. Loan types include Term Loans, Operating Credit, Tile Drainage Loans and Herdbuilder Loans. Please contact: 1-800 363-0329 or email info@indianag.on.ca

INDIGENOUS Pathfinder



AGRICULTURE AND AGRI-FOOD CANADA (AAFC)

The AAFC is offering the Indigenous Pathfinder service—a one stop shop for advice and referral to help navigate the relevant information, tools and support available to start or expand activities in the agriculture and agri-food sector. Telephone: 1-866-367-8506 TTY: 613-773-2600 Fax: 1-877-949-4885 aafc.indigenouspathfinder-explorateurautochtone.aac@canada.ca



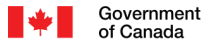
YOUTH EMPLOYMENT AND SKILLS PROGRAM

This program offers a wage subsidy to employers who hire youth for agricultural jobs. The program offers support for 50% of wages to a maximum of \$14,000. Aboriginal employers are eligible to receive 80% of total eligible costs. The following employers are eligible:

- Indigenous individuals or organizations
- Employers who hire youth facing a barrier

An additional \$5,000 is available to offset the costs of employee relocation or to offset the barriers faced by youth. Applications are on a first come first served basis, as long as funds are available.

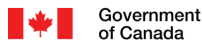
<https://www.agr.gc.ca/eng/agricultural-programs-and-services/youth-employment-and-skills-program>



INDIGENOUS AGRICULTURE AND FOOD SYSTEMS INITIATIVE

The objective of this initiative is to increase economic development opportunities of Indigenous Peoples and communities in Canada. This initiative will support Indigenous communities and entrepreneurs ready to launch agriculture and food systems projects and others who want to build their capacity in the Canadian agriculture and agrifood sector.

<https://www.agr.gc.ca/eng/agricultural-programs-and-services/indigenous-agriculture-and-food-systems-initiative/>



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25TH NATIONAL
INDIGENOUS
PEOPLES
..... DAY

JUNE 21
Join the virtual celebrations!



CANADA.CA/NATIONAL-INDIGENOUS-PEOPLES-DAY
#NIPD2021



NATIONAL INDIGENOUS PEOPLES DAY

This June 21, 2021 is the National 25th Anniversary of celebrating the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples!



COMPANION PLANTING: Plant friends

By Lynn Moreau

Just like people, our plants have friends too. The practice of growing plants with others they like is called companion planting. Companion planting can help increase yields, increase soil fertility, decrease disease, assist with pest control, provide habitat for beneficial insects and can help maximize use of space and suppress weeds. Legumes (which include beans, peas and others) grow in a symbiotic relationship with soil dwelling bacteria. Bacteria take nitrogen from the air in the soil and feed it to the legumes and in exchange the plant provides carbohydrates to the bacteria. Legumes help to fix nitrogen deficiency in soil, and grow best with corn, carrots, cabbage, cauliflower, broccoli, lettuce and cucumber. Beans dislike growing near chives, garlic or leeks.

The traditional planting of the three sisters (corn, beans and squash) are the most well known companion planting array. Corn offers the beans necessary support. Beans provide nitrogen to all three. The large leaves of the sprawling squash protect all three by creating a living mulch that shades the soil, preventing weeds and keeps the soil moist and cool.

Beets add minerals to the soil and grow best with bush beans, broccoli, corn, garlic, onion, lettuce and leeks.

Tomatoes do not grow well near brassicas (cauliflour, broccoli, cabbage), corn, potatoes or dill. They do well with basil, beans, carrots, celery, chives, cucumbers, lettuce, onion, parsley and peppers. Potatoes can spread blight to tomatoes when planted nearby. Basil will help to improve the flavour of tomatoes and lettuce.

Brassicas (cabbage and cauliflour)

do well near tomatoes and celery, which repel cabbage worms.

Carrots are best planted near onions and leeks which repel carrot flies. They also do well near cabbage, chives, early potatoes, leeks, lettuce, peas and radishes.









Flowers can also be useful companion plants. Marigolds in particular stimulate vegetable growth and deter bean beetles, aphids, potatoe bugs and squash bugs, nematodes and maggots. Marigolds attract beneficial insects such as ladybugs, hoverflies and parasitic

mini-wasps that will eat aphids and other pests which can damage your crops. Marigolds are also edible!


It is important to rotate garden crops each year to avoid pest and disease problems and nutritional imbalances.

For more information on companion planting, check out the following websites: <https://www.motherearthnews.com/organic-gardening/companion-planting-guide-zmaz81mjzraw> also see: <https://www.thespruce.com/companion-planting-with-chart-5025124>

Companion Planting Guide

 <p>radishes</p> <p>♥</p> <p>cucumbers, carrots, onions, beets, cabbage, kale, lettuce, spinach + squash</p>	 <p>corn</p> <p>♥</p> <p>green beans, cucumbers, peas, pumpkins, melons + squash</p>	 <p>carrots</p> <p>♥</p> <p>tomatoes, leeks, rosemary, sage + chives</p>	 <p>tomatoes</p> <p>♥</p> <p>basil, marigolds, carrots, asparagus, celery, onions, lettuce, parsley + spinach</p>
 <p>lettuce</p> <p>♥</p> <p>corn, beans, peas, dill, radishes + marigolds</p>	 <p>squash</p> <p>♥</p> <p>chives, corn, garlic, peas, beans, beets, broccoli, carrots + radishes</p>	 <p>onions</p> <p>♥</p> <p>carrots, cabbage, lettuce, parsnips + tomatoes</p>	 <p>peppers</p> <p>♥</p> <p>basil, onions, spinach + tomatoes</p>

FOLLOW THESE GUIDELINES to BOOST YIELDS, MINIMIZE PEST or DISEASE PROBLEMS and MAKE GARDEN MANAGEMENT EASIER.

 www.FarmersAlmanac.com

EVENTS

NORTHERN SUPERIOR ROUND TABLE

July 6-7 2021 (Agriculture is Day 2)
9 am-12 pm

LAKE HURON ROUND TABLE

Wednesday July 13, 14, 15, 2021 (Agriculture is Day 2)
9 am-12 pm

SOUTHEAST/SOUTHWEST ROUND TABLE

July 20, 21, 22, 2021 (Agriculture is Day 2)

SHRUB PLANTING DAY-THESSALON RIVER

Saturday, June 5th, 2021

RAIN is looking for volunteers to help a Thessalon producer plant shrubs in an effort to restore a shoreline along the Thessalon River. For more details, please contact David Thompson at (705) 942-7927 ext. 3027 dthompson@ssmic.com

LAUNCH OF THE ANISHINABEK NATION AGRICULTURE WEBSITE

Do you want to know how to grow garlic? How about how to raise chickens or find out where to get funding and resources start a farm business? For all of these topics and more, check out our new agricultural website at <https://anishinabekagriculture.ca/>

If you have any comments or suggestions for things to be added to the website, feel free to contact our staff.

JOB OPPORTUNITIES

ECO CANADA

Are you a college or university student looking for a summer position? Eco Canada provides up to a 50% wage match for students who are in Science, Technology, Engineering, Art, Math, and Business. Students gain valuable on the job experience. Student candidates and host employers are required to find their own co-op placement. To apply as a co-op candidate, check out the Eco Canada website here: <https://www.eco.ca/employment-programs/student-placement/>

GOODWORK GREEN JOBS

For more agricultural jobs, check out the GoodWork GreenJobs website at: <https://www.goodwork.ca/>
And check out food jobs at www.foodwork.ca/GrowFood



KIIN MIINWAA ENDADIZIWINAN
LANDS AND RESOURCES

OVERVIEW

The Lands and Resources Department was established within the Anishinabek Nation in the spring of 2007. Currently, there are four program areas with staffing capabilities. These include: Water Resources, Minerals and Mining, Trapping, and Canada Ontario Resource Development Agreement.

MISSION

The Lands and Resources mission is to foster a better quality of life by ensuring access to natural resources by supporting the goals, values and aspirations of the Anishinabek Nation.

GUIDING PRINCIPLES/CAPACITY BUILDING

By creating opportunities our communities are empowered to increase the natural, technical and financial capacity derived and generated from our lands and natural resources."

Jurisdiction and Treaty Rights - "by building and preserving Anishinabek laws within our territories, communities can continue to assert and exercise jurisdiction, implementing ownership of lands, water and resources."

Access to Lands and Resources - "our communities are strengthened by continuous advocacy efforts to increase access to lands and resources."

ODE'MIIN Giizis (Strawberry Moon) - June



The sixth moon of Creation is Strawberry Moon. The medicine of the strawberry is reconciliation. It was during this moon cycle that communities usually held their annual feasts, welcoming everyone home, regardless of their differences over the past year, letting go of judgment and/or self righteousness. The strawberry is the first berry to ripen it is thought to be a good medicine for the heart and the teeth.



LYNN MOREAU is a Lands and Resources Program Coordinator with the Anishinabek Nation where she is responsible for the Agriculture Portfolio. Originally from Callander, Ontario, Lynn now lives in Bonfield where she is co-owner of Green Legacy Farm with her husband Dean. Lynn holds an Environmental Science degree from Trent University and a Fish and Wildlife Technician Diploma from Sault College. Lynn can assist with funding application processes and has agricultural experience in vegetable and perennial growing, chicken farming, maple syrup production and aquaculture.



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Lands and Resources Department

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