

# GITIGAN

(Garden/Field)

Anishinabek  
Nation  
Agricultural  
Newsletter

JANUARY 2022



## Land access for new farmers

By Lynn Moreau

Are you a young or new farmer who is interested in farming but needs access to land? Farmland prices in Ontario are some of the highest in Canada with a provincial average of over \$10,000 per acre (according to the National Farmer's Union). There are several options for new farmers. They include land purchase, leasing, renting and crop sharing. Over 55% of farmers are over the age of 55, with only 9.4% being under 35 years of age. Only one in eight of older farmers have a succession plan in place to determine who will take over their farm. In the next 20 years, Ontario will therefore see an unprecedented turnover in farm land tenure. Ideally farmland will remain in the hands of farmers, and be accessible for new farmers.

There are many different land tenure options that can be considered when starting a new farm. Buying land without existing capital (equity), family support, or a business partner to finance farm start-up is extremely challenging. But many of the rights we commonly associate with land ownership can be achieved without actually owning land.

Incubator farms are programs that assist new farm businesses by providing short term access to shared resources to facilitate knowledge transfer (from mentors to new farmers) and enable access to agricultural land through subsidized, centralized, land tenure. As a farm business grows and becomes financially viable, the

farmers move off the incubator site and find their own land to farm, usually through leasing or purchasing land.

Accessing land on-reserve for farming can also depend upon the type of land tenure held, what land management regime the community is under, whether the land is held by a certificate of possession and any existing land management policies held by the band. Permission may be required of the Chief and Council to start a farm.

FarmLink.net provides a listing space for landowners and land seekers in Ontario. It is a great space to find or share farm opportunities and resources.

The YA Land Listing section on the UMAP ([maps.youngagrarians.org](http://maps.youngagrarians.org)) also provides landowners with a space to list their land opportunities with relevant details such as land use history, water rights, and more. You can also list yourself as a Farmer Seeking Land so that landowners can find you too.

Farms at Work ([farmsatwork.ca](http://farmsatwork.ca)) and GoodWork ([goodwork.ca](http://goodwork.ca)) also list farm postings, along with Kijiji, Craigslist, and other online classifieds.




The Young Agrarians of Ontario have developed an Ontario Land Access Guide. If you are interested in viewing a copy, please contact me.




Anishinabek Nation  
Lands and Resources

[www.anishinabek.ca](http://www.anishinabek.ca)

# RESOURCES: Agriculture Programs

 <p><b>2BILLION TREES</b></p>	<p><b>TWO BILLION TREES PROGRAM</b></p> <p>The 2 Billion Trees Program (2BT) is part of the Government of Canada's broader approach to nature-based climate solutions and is on track to plant 2 billion trees over 10 years. By the end of 2021, 30 million trees will have been planted – and that number will increase every year. Further to the announcement by the Honourable Jonathan Wilkinson, we are pleased to announce that a Call for Proposals (CFP) for the 2 Billion Trees (2BT) program is now open to organizations interested in planting trees. The deadline to apply for this round of funding is February 17, 2022, 14:00 EST.</p> <p>For more information on funding streams, eligibility and how to apply, please visit our website: <a href="https://www.canada.ca/en/campaign/2-billion-trees/2-billion-trees-program.html">https://www.canada.ca/en/campaign/2-billion-trees/2-billion-trees-program.html</a></p>
 <p><b>RAIN</b> RURAL AGRICULTURE INNOVATION NETWORK</p>	<p><b>SNAPP (Sustainable New Agri-Food Products &amp; Productivity Program)</b></p> <p>Intake 3 is open from December 6, 2021 to January 31, 2022</p> <p>The Sustainable New Agri-Food Products and Productivity (SNAPP) Program is for northern Ontario agriculture and food producers and businesses. SNAPP will provide up to \$10,000 at 50% cost-share towards the purchase of equipment and/or materials that will result in the creation of innovative food or agricultural products new to the business; enhance productivity and/or improve efficiency or resource use through innovation in the process or technology to improve products or processes; or reduce ecological impact and carbon footprint through innovation in the process or technology while enhancing profitability.</p> <p>For more information, go to <a href="http://rainalgoma.ca/SNAPP/">http://rainalgoma.ca/SNAPP/</a></p>
 <p><b>EFAO</b> ECOLOGICAL FARMERS ASSOCIATION OF ONTARIO</p>	<p><b>EFAO (Ecological Farmers Association of Ontario)</b></p> <p><b>Northern Farm Startup Grant Program</b></p> <p>Initial inquiry forms will be accepted until January 14th, 2022.</p> <p>EFAO's Northern Farm Start-Up Grant Program supports new and beginning farmers in northern Ontario to start an ecological farm business.</p> <p>These grants are designed to help new farmers build resilient, ecological farms by providing both mentorship and financial support.</p> <p>This opportunity is proudly supported by FedNor.</p> <p>Successful applicants will receive:</p> <ol style="list-style-type: none"> <li>1. Funding for 50% of the cost of equipment needed to start their farm business, between \$2,500 to \$10,000 per farm.</li> <li>2. Free access to mentorship opportunities with a farm advisor.</li> </ol> <p>For more information and to apply for funding, please visit: <a href="http://efao.ca/northern-farm-start-up-grants">efao.ca/northern-farm-start-up-grants</a></p>



Anishinabek Nation Lands & Resources and Economic Development Departments look forward to your attendance at the sixth annual Forum:

**FEB 15 TO 17 • 2022**

**This year's Forum will be hosted virtually through Zoom. Registration details will be sent out soon!**

**For more information, please contact:**

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 Elaine Commanda, Lands & Resources Department: [elaine.commanda@anishinabek.ca](mailto:elaine.commanda@anishinabek.ca)  
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# GROWING Sprouts and Microgreens

*By Lynn Moreau*

Growing seeds or beans for their sprouts is called sprouting. Sprouts are a powerhouse of nutrition, and have been grown by many different civilizations. Sprouts contain healthful enzymes, protein, vitamins, minerals, amino acids and antioxidants. Research has shown that sprouts can dramatically improve the quality of life of diabetics, especially those from sunflower, buckwheat and grains. Wheat grass, a form of sprout, can purify the blood and detoxify the liver. It is also a lot cheaper to grow sprouts in your home than it is to purchase them in a grocery store.

Sprouting seeds is best done in a sprouting device which allows you to rinse the seeds with warm water several times a day. Make sure you get an organic or pesticide free seed for edible sprouts. Experiment with a variety of seeds and legumes to learn what kind of sprouts you like best. It takes a minimal amount of preparation and supplies to start. Select between:

- Seeds like sesame, sunflower, buckwheat, or pumpkin
- Legumes or beans like mung beans, lentils, chickpeas, adzuki, or green peas
- Whole grains like barley, corn, wheat, quinoa, amaranth or rye
- Vegetable seeds like alfalfa, clover, radish, kale, cabbage, fenugreek, or turnip

Start with about a cup of the seeds of your choice. Any organic and edible food-grade seeds would be perfect for sprouting. The soaking process opens up the hulls to activate the germination process.

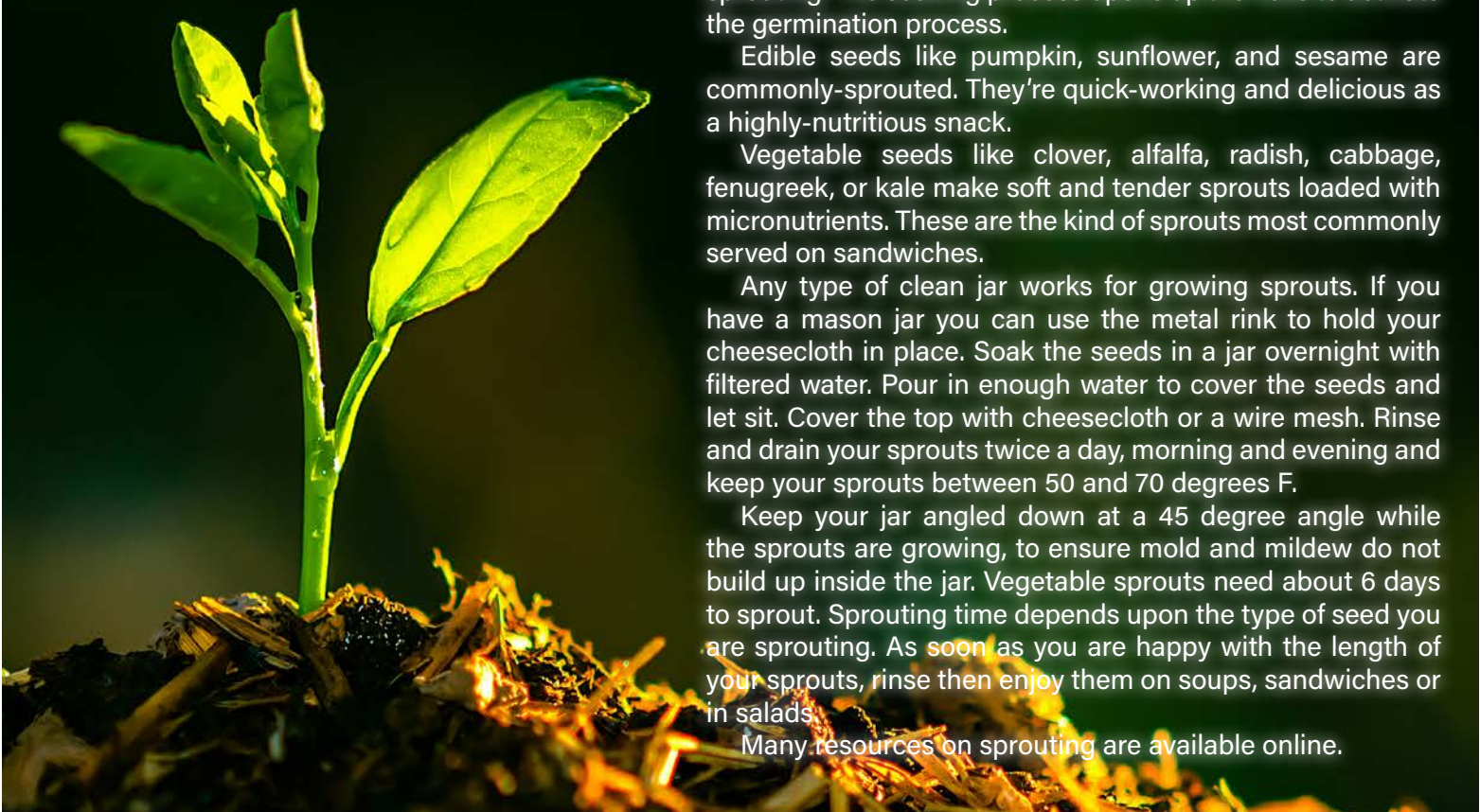
Edible seeds like pumpkin, sunflower, and sesame are commonly-sprouted. They're quick-working and delicious as a highly-nutritious snack.

Vegetable seeds like clover, alfalfa, radish, cabbage, fenugreek, or kale make soft and tender sprouts loaded with micronutrients. These are the kind of sprouts most commonly served on sandwiches.

Any type of clean jar works for growing sprouts. If you have a mason jar you can use the metal ring to hold your cheesecloth in place. Soak the seeds in a jar overnight with filtered water. Pour in enough water to cover the seeds and let sit. Cover the top with cheesecloth or a wire mesh. Rinse and drain your sprouts twice a day, morning and evening and keep your sprouts between 50 and 70 degrees F.

Keep your jar angled down at a 45 degree angle while the sprouts are growing, to ensure mold and mildew do not build up inside the jar. Vegetable sprouts need about 6 days to sprout. Sprouting time depends upon the type of seed you are sprouting. As soon as you are happy with the length of your sprouts, rinse then enjoy them on soups, sandwiches or in salads.

Many resources on sprouting are available online.



# EVENTS

## INTRODUCTION TO POULTRY WORKSHOP

Jan 19, 2022 7-8:30 pm

To register, contact Kayla Martin at [kayla@indianag.on.ca](mailto:kayla@indianag.on.ca)

## GUELPH ORGANIC CONFERENCE

January 24-29th

To register, go to <https://guelphorganicconf.ca/>

## INDIGENOUS LANDS AND RESOURCES VIRTUAL CONFERENCE

March 2-3, 2022

To register, contact [alanna.smolarz@magfn.com](mailto:alanna.smolarz@magfn.com)

## FUTURE OF FOOD CONFERENCE

February 22nd 2022

<https://ofa.on.ca/event/farm-credit-canadas-future-of-food-conference/>

## GROWCER TEAM FOOD BOX WORKSHOP SERIES

Four weeks in February

Register with the growcer at [www.growcer.ca](http://www.growcer.ca)



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."

## Student Workplace Placement Program

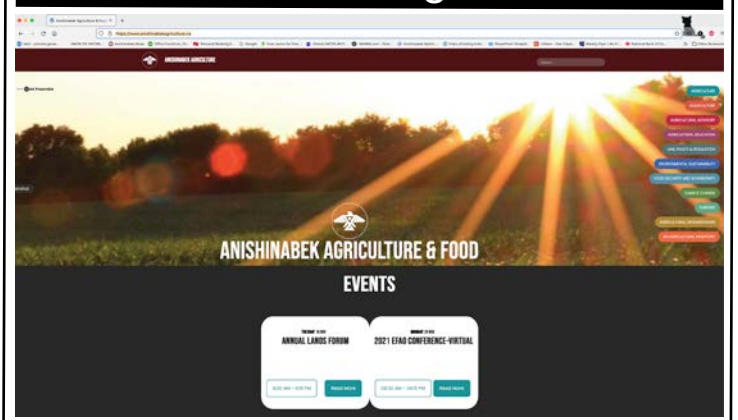
*Hire a post-secondary student and get up to \$7500/student in subsidy*

Connecting skilled and motivated students with employers for careers in agriculture.



<https://www.canada.ca/en/employment-social-development/programs/student-work-placement-program.html>

## [www.anishinabekagriculture.ca/](http://www.anishinabekagriculture.ca/)



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.

## MNIDO GIIZIS (Spirit Moon) – January



The first moon of Creation is Spirit Moon. It is manifested through the northern lights. It is a time to honour the silence and realize our place within all of Great Mystery's creatures.



Lynn Moreau  
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