

Fall 2021

# GULF ISLANDS FOOD CO-OP

FALL NEWSLETTER



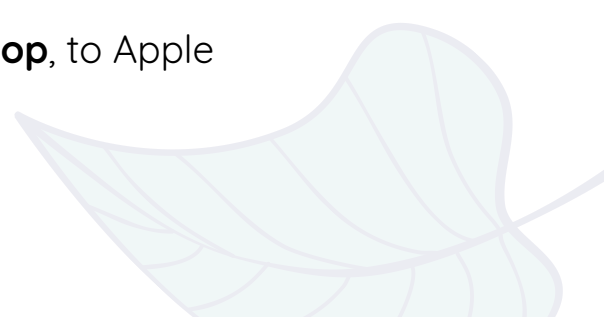
Photos by Roz Kempe

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## Dear Members and Supporters

We hope you've had a wonderful growing season, and are now enjoying the fruits of your labours! In these cooler days, its been a great to get some new seedlings in the ground, and also get some tomatoes into jars!

See below for some local event updates, from the **OCTOBER 5th Seed Saving Workshop**, to Apple Festivals and more...



# GIFC Fall Update

by Roz Kempe

Thank you for joining us to strengthen our Southern Gulf Islands' local food system! We are grateful to live in the traditional territories of the WSANEC and Hul'qumi'num people who have incredible skills and knowledge for sustaining their communities from the land and sea. The GIFC aspires to work cooperatively with Indigenous knowledge keepers to achieve food security for all who live on these lands.



## Seed Saving and Cleaning Workshop - OCTOBER 5th

FarmFolkCityFolk presents a workshop on how to thresh, clean, and save your seeds! Join us at Highgrove Farm and Commons on Pender Island on October 5th, 1:30pm for demonstration and practice at threshing and cleaning vegetable seeds, as well as learning how to successfully save your own seeds.

**Register at [Penderseedlibrary@gmail.com](mailto:Penderseedlibrary@gmail.com)**

## Co-op Sales Tables and Info Hub

It's been a hot dry season for growers, but sales have also been hot at the Co-op tables, which will be concluding at Thanksgiving weekend.

Enjoy pressing apples at the annual Mayne Island Apple Festival on **October 9th**, and Pender Island's CRISP apple festival on **September 25-26**, including live music. Our Info Table will be at each event - see you there!



## Healthy Soils and Regenerative Agriculture Program

Vancity has generously provided funding to support our growers to share and learn more about Soil Health and regenerative systems, with help from Kwantlen Polytechnic University soil scientists. This program will include full-length field days on each island, as well as knowledge sharing sessions by Zoom during the winter months. Stay tuned for details.

See next page for more...



Food is everything we are. Its an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma. Its inseparable from those from the get-go."

ANTHONY BOURDAIN

## Indigenous Food Plants and the Galiano Conservancy

We are supporting the Galiano Conservancy to run a native food plants project with Indigenous knowledge keepers. The project is still being developed, but we'll update you as it progresses.

## Food Growing Information Hotline

Thank you to all who completed our survey to see who has food growing expertise to share, and who would like to learn what! This completes the first phase of this project (thanks to Jenn!), and we'll be in touch as next steps develop.



## "Food Is Everything" Art Show

Ptarmigan Gallery will present a unique exhibition on the theme of food and farming. This is an open call to artists from all islands who are members of the GIFC, as well as any artist on Pender Island. Looking forward to seeing your creations in the Gallery from **March 22nd - May 1st 2022.**

To learn more please visit our website at [gulfislandsfoodco-op.org](http://gulfislandsfoodco-op.org)

We'd love you to reach out to us at [info@gulfislandsfoodco-op.org](mailto:info@gulfislandsfoodco-op.org) with ideas, thoughts and questions.

THANK YOU to all our funders:

**Vancity, CRD, SGI Community Resource Centre, and SGI Community Economic Sustainability Commission.**