

# Ideas for Agri-Food Week

This year's Agri-Food Week is Oct. 5 to 12. In order to involve lots of different organizations and therefore have lots of different activities in your community, local Agri-Food Week committees are being established. If your organization wants to help out, ask about being represented on the local Agri-Food Week committee at your Ministry of Agriculture and Food office or speak to your local federation of agriculture representative. If you want to become involved as an individual, don't hesitate, get on the bandwagon now!

Here are some ideas for Agri-Food Week activities which have come from across the province.

- \*coloring contest for Grades 1 to 3
- \*local libraries distribute book marks, feature displays and posters

- \*special events at fall fairs, ie. kits for teachers with class attending the fair
- \*promotion by grocery stores (posters, buttons, balloons)
- \*newspaper and newsletter articles
- \*quiz in local newspaper
- \*service club hosting 4-H banquet
- \*urban-rural night hosted by farm women's group
- \*OMAF office open house with displays, local product tasting, and presentations for children
- \*mall displays
- \*TV and radio interviews
- \*declaration of Agri-Food Week by local council
- \*banquet featuring local products for representatives of county service clubs.
- \*farm tour and meal for local politicians, planners, press and school teachers

- \*media tour ahead of Agri-Food Week
- \*speaking engagements by farmers and OMAF staff
- \*display and handout materials in local bank
- \*special edition of local newspaper
- \*cow milking contest involving well-known citizens
- \*celebrity cook-off

A promotional Agri-Food Week kit has been sent to each local Ministry of Agriculture and Food office. It contains a lot of information which may also be of help to people planning activities.



## Buy the Food Your Neighbor Grows

## Herbs...

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the containers at the time of purchase. Alternatively, you can give your herbs and spices the nose test from time to time — if they lose their delicate aroma, replace them with fresh supplies.

The length of time that herbs and spices maintain their flavor and aroma very much depends upon the way they are stored. Keeping them too near the stove, dishwasher or radiator will cause a loss of flavor. Storing them in strong direct sunlight will cause their color to fade.

### GROW FRESH HERBS

Many people are discovering the enjoyment of planting, growing and drying their own herbs. Herbs can be grown in a window or a flower or vegetable garden. To use fresh herbs, cut, wash and wrap them separately in paper towels. Put them in plastic bags and store in the refrigerator. Charts suggesting different uses of herbs and spices are often included in good cookbooks. Use these as a guide, add a little imagination, and herbs and spices will provide flavor and enjoyment to your meals, without adding salt.

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