



Get Involved

ROSE on the Road at Canada's Outdoor Farm Show!

The ROSE Program recently made a stop in Woodstock for our 5th consecutive year at Canada's Outdoor Farm Show! Returning to the Celebrating Healthy Living Expo, sponsored by Foodland Ontario, the ROSE Program was excited to present another diverse line-up of speakers and cooking demonstrators to educate and entertain the public.

Rose Roi of Oxford County Master Gardeners got the week off to a great start with her interactive session on Dry Gardening – that is, plants that don't require water. All week long, Brenda Daniel of From the Meadow in Belmont filled our tent with fresh scents, while showing us how she creates her all-natural healing products with herbs grown and hand-picked right from her own backyard.

Karen Reading, a Registered Dietitian from Oxford County Public Health, discussed how eating local can mean eating healthy, while Bill McLeish, a beekeeper from Middlesex, Oxford, Elgin Beekeepers' Association, spoke about local honey and beekeeping and shared samples of his own honey.

Paul and Rose Hill of Willowgrove Hill Farm in Mitchell shared their inspirational story and provided samples of their delicious pork that is raised without antibiotics and recognized as a healthy choice.

Throughout the week, cooking demonstrators quenched our appetites with samples of their mouth watering dishes! Lauren from Taste Fine Foods in Arkell prepared a delicious mushroom and thyme risotto, while Jed Lau from the South Gate Centre in Woodstock demonstrated his personal version of the Kentucky Hot Brown – the Oxford Hot Brown! Deb Campbell from Ontario Pork offered tips on cooking with local pork while whipping up a delicious pork stew. Finally, Meghan Burke from Grain Farmers of



Ontario kept us laughing while sharing a fun and easy recipe using soy butter – a peanut butter substitute.

It was an incredible week and FWIO would like to thank all of our presenters and the many volunteers who helped to make this year's show a success!

A very special thanks to the following WI Members who lent a hand this year:

Browns WI

Sheila Greason
Judy Taylor

Brooksdale WI

Laura Green
Marilyn Herman

Lakeside WI

Vivian McDonald
Ruth Skillings

Princess Elizabeth WI

Gladys Stock
Sandra Stock

Anna P. Lewis WI

Carol McLeod
Jean Porter

Mount Elgin WI

Linda Hammond

South Lobo WI

Glenna Ladell

