

Down The Garden Path

ROSE on the Road!

It was another great year at Canada's Outdoor Farm in Woodstock!

This year, FWIO was a part of the Celebrating Healthy Living Expo sponsored by Foodland Ontario. Local food exhibits were amalgamated with the Organics and Women in Ag Expos to focus on healthy living for the entire family. Once again, FWIO's ROSE Program coordinated a number of presentations to educate and empower attendees including Get Healthy with Goodlife Fitness, House Plants that Clean the Air with the Oxford County Master Gardeners, Community Shared Agriculture with Caitlyn Hall from ReRoot Organic CSA, and Healthy Home - Healthy Planet with Ceri Lamplugh of Haven Designs just to name a few. Chef Jed Lau of the Southgate Centre in Woodstock and Chefs Paul Pinarello and Kevin Van Dyke of Taste Fine Foods in Arkell demonstrated some easy recipes featuring local food. Darlene and Barb from Foodland Ontario also prepared one of the Foodland Ontario recipes for Cucumber Salsa that was delicious! Luckily, there were plenty of samples for everyone!

Be sure to join us in the Celebrating Healthy Living Expo at next year's show – September 14-16, 2010. For more information visit www.outdoorfarmshow.com.

