

South Prince Edward Food Grains Project 2007

Those of you who use Morrison Pt. Rd. near Black River Cheese Co. may have noticed a large green sign which marks a Canadian Food Grains Bank (CFGB) Project sponsored by South Bay United Church and our urban partners Eastminster United Church in Belleville. CFGB is a 25 year old national association centered in Winnipeg with 350 projects similar to ours all across Canada. 15 Church Denominations have joined in support over the years and very often share their resources in needy countries to supply not only a food source but food for work situations like irrigation, construction, shelter belt planting and also seed for future crops. The countries are assessed by volunteers who travel to these foreign countries at their own expense. This year about 70 % of our aid has gone to Ethiopia and Sudan in Africa because of a desperate food shortage there.

Our local project is now officially as South Prince Edward Food Grains Project and has been in place for 13 years. It serves to give our urban partners a glimpse of the work and costs involved in growing foods as well as some

great fellowship with them. They also sponsor a fundraiser at harvest time among their own congregation

This year's project consisted of 11 acres of soy beans which were harvested in October, the 11 acres was then planted into winter wheat for harvest as our 2008 project. The soy beans were sold at harvest time and yielded a respectable 34 bushels per acre in spite of an extremely hot and dry summer. The proceeds from the crop plus cash donations from both congregations totaled \$4,140.00 for our 2007 project. The federal Government matches local dollars raised by 4 fold through their CIDA Food Aid Program and thus creates \$20,700.00 for direct purchase of food, some times sourced in neighbouring countries to maintain the local diet.

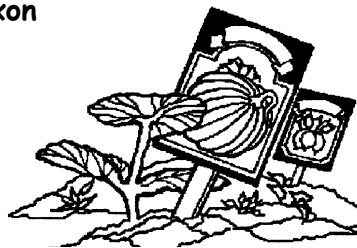
All goods and services were donated by our local farmers and farm related businesses. We continue to be impressed by people's willingness to help those less fortunate than ourselves in our wonderful land of bounty. All this in keeping with our Canadian Food Grains Bank motto a Christian response to hunger as well as feeling we are doing this for all the right reasons.

- George Emlaw

Vicki's Veggies

Our CSA (Community Supported Agriculture) has been growing over the years. Last year 80 families in P.E.C. received a box of fresh, seasonal, organically grown vegetables from our farm delivered to their door once a week June through November. If you are interested in this give us a call to find out more. 476-7241.

Vicki Emlaw & Tim Noxon
81 Morrison Pt Rd
RR#2 Milford ON
K0K 2P0



Kashmiri Tea

like chai... only different

- 2 1/2 cups of milk
- 2 1/2 cups water
- 1 tbsp. green tea
- 1 tsp. darjeling or orange pekoe tea
- 6 almonds, blanched and chopped
- 1 tsp. pine nuts
- 6 green cardamoms
- 1 cinnamon stick
- 2 whole cloves
- a pinch of saffron (optional)

Combine all ingredients in a pot and stew gently for 15-30 minutes. Strain and serve hot adding sweetener to taste.

Makes 3 or 4 servings.

Recipe from Jae Steele who has a weblog, domesticaffair.ca