



# Ottawa Valley Food Co-op

July was a busy month for our producers, customers and volunteers. We do not have a producer featured this month but we do have Three Hill Farms lined up for September. If there is a producer you are interested in learning more about, please let us know by emailing the [OVFC coordinator](#).

## In the community

Coming up in early September, *Farm Dream Design* is another workshop offered through Rainbow Heritage Garden. This workshop is for you if you've ever dreamed of moving to the country or you already own a rural property and you want to get back to the land, grow your own food and start building your vision - big or small.

Sunday, September 6th (10 AM - 5 PM)  
Stafford 2nd Line, K0J 1K0  
\$85/workshop ~ Any 2 Workshops \$75 each + HST  
Register by email: [rainbowheritage@gmail.com](mailto:rainbowheritage@gmail.com) or 613 646 7428



## Taste of the Valley - Renfrew County

Come out and bring the whole family. Taste of the Valley offers lots of local foods available for sampling and purchase. Visitors will be able to find organic and natural produce, meat, baking mixes and lots of different arts and crafts.

- August 14th - Barry's Bay Railway Station
- September 19th - Renfrew Armouries

## Calabogie Blues & Ribfest

Featuring Eastern Ontario's BEST blues music lineup. In addition there will be ribbers from across North America, vendors, kids' zone, food, beer garden, and of course everyone's favorite feature - mountainside camping available all weekend long. Calabogie Blues & Ribfest is a family friendly environment, with something for everyone! With over 16,000 in attendance at the 2014 festival, the 2015 festival is set to be bigger and better than ever!

**Date:** Friday, 14 August - 16 August 2015  
**Time:** 1:00 PM - 11:00 PM  
**Calabogie Peaks**  
30 Barrett Chute Rd, Renfrew ON,  
**All Ages | \$25+**  
**Phone:** 1 800-669-4861  
**Website:** <http://www.calabogieblues.com/gallery.aspx>





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## Petawawa Customers!

Burnt Bridge will **no** longer be the depot for Petawawa customers; this is effective immediately.

We are actively looking for a new location where orders can be delivered and distributed to customers. Any suggestions or assistance would be greatly appreciated. If we do not find another location before the August delivery day, Petawawa customers that wish to order may have to use the Pembroke or Deep River depots. Please contact the [OVFC coordinator](#), Cheryl Keetch, if you are able to help.

## Website of interest

[SeaChoice](#), Canada's most comprehensive sustainable seafood program, is about solutions for healthy oceans. Launched in 2006, SeaChoice was created to help Canadian businesses and shoppers take an active role in supporting sustainable fisheries and aquaculture at all levels of the seafood supply chain.



## OVFC Board

There are currently two vacant positions on the OVFC Board. Any member of the OVFC may apply for the position. If you are interested or would like more information, please contact the [OVFC Coordinator](#), Cheryl Keetch.

## Killaloe Fair - August 7 & 8, 2015

The Killaloe Craft and Community Fair is a community gathering featuring music, craft vendors, music, kids' activities and MUSIC. The Fair has undergone several transformations over the years, and currently takes place on its own beautiful site outside of Killaloe, Ontario, Canada. For more information, visit their website [HERE](#).



**Volunteers** are always needed, especially now when most of our regular volunteers are away on holidays. With the typical slow summer tempo for delivery day, it's the perfect time to help out. Also, remember that volunteering counts towards the 40 hours needed to graduate. To volunteer, or if you would like more info, contact [Celine Britton](#), Volunteer Coordinator.



## Why buy local?

### Support local farm families

By supporting local agriculture today, you are helping to preserve local farmland and sustain food options for tomorrow



## Fee increase

A motion was carried at the last OVFC Annual General Meeting (AGM) to temporarily increase consumer fees from 5 ¢ to 7 ¢ (only 2 ¢ more/dollar).

This is only an interim measure, which started in July, in order to cover our expenses and keep the OVFC out of the red.

When surveyed OVFC consumers felt agreeable to a fee increase if it was necessary to keep the co-op operating.

