



Ottawa Valley Food Co-op

Featured Producer

Moonlight Crofters

Marshall Buchanan & Kathleen Lindhorst

1320 Scotch Bush Road
Douglas, ON K0J 1S0



How We Got Started

We started this gourmet food business after many years of consulting in the fields of nutrition and environment. From our professional work, we could see the way we eat in this modern age is focused more on convenience than on nutrition. At the same time, industrial style food production systems were having significant negative impacts on the environment, leading to polluted water, degraded habitat and even put human health at greater risk. We wanted to do our part to find a better way to feed Canadians and farm. In the year 2000 we bought a 50 acre farm in the Ottawa Valley. We combined our skills to grow produce and raise livestock in a caring and ecologically sustainable manner. In 2013 we purchased another 75 acres and in 2014 we opened our commercial kitchen to make gourmet foods based on the meat and produce we grew.

Our Farming Practices

Our meat and fresh produce are grown for those that appreciate a high quality product which is raised in an environmentally friendly manner. Our animals are allowed to grow at their own pace, free from additives designed to boost weight gain. We raise Scottish Highland cattle as they are a hardy breed particularly suited to an all grass diet. We keep a closed herd, so all the cattle are born here and live as a family or herd as close to the natural way as possible. We let the mother take care of their calves and they decide when to wean. The cattle eat only grass or hay and all we do is keep them happy and stress-free. We feel this helps create the excellent taste and texture of our beef.

We consider the farm to be our little eco-system, and so we treat the soil and water with respect. Soil conservation, crop rotation and lots of organic matter (compost) are the keys to producing great tasting, herbicide and pesticide free vegetable crops. We harvest rain water for irrigation.

We suggest that people not eat more food but better food, making every bite count. Let's save the world with our forks!





Ottawa Valley Food Co-op

In the community

Eat. Play. Live

June 27, 2015 - Barry's Bay

11:00am parade.

12:00 - 4:00pm International Food Festival.

Celebrating culture, food and sport in Renfrew County

Family entertainment and live music on two stages all afternoon. Pair with the top paddlers in a Noodle Slalom at Lakeshore Park. Canada Day Fireworks at dusk.

Under the Pines - 100 Mile Dinner & Concert

Friday, July 17th @ 7:00 p.m.

Share in an evening of delicious food and great music featuring festival artists and special guests.

www.under-the-pines.ca or 613-298-9806

Kale Chips

Ingredients

Bunch of Kale

1 tbsp of Olive Oil

1 tsp seasoned salt

Directions

1. Preheat oven to 350F.
2. Line a cookie sheet with parchment paper.
3. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces.
4. Wash and thoroughly dry kale with a salad spinner.
5. Drizzle kale with olive oil and sprinkle with seasoning salt.
6. Bake until the edges brown but are not burnt, 10 to 15 minutes.



Why buy local?

Choosing fresh and delicious local food helps to create jobs and supports our economic growth in Ontario. It also builds a strong sense of community by supporting Ontario's farmers and businesses. Every time you buy local, you make a positive impact.

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, starting in July, in order to cover our expenses and keep the OVFC out of the red.

When surveyed OVFC consumer's felt agreeable to a fee increase if it was necessary to keep the co-op going.



Upcoming workshop

[Organic Gardening 102](#)

Sunday, August 30th 10 AM -5 PM

Rainbow Heritage Garden ~ 81 Stafford 2nd Line, K0J 1K0

\$85/workshop ~ Any 2 Workshops \$75 each + HST

REGISTER: rainbowheritage@gmail.com

or (613) 646-7428

Need a Petawawa driver for July!

We continue to ask for volunteers from the Petawawa area who are willing to assist with Delivery Day. Currently there is only one driver for the Petawawa depot and she will not be available in July. We are looking for a driver who is willing to pick up the orders at the Pembroke Hub and drop them off at the Petawawa depot. Even volunteering for one month out of the year will help share the load. For more information or to volunteer, contact Celine Britton at celinebritton@yahoo.ca