



Ottawa Valley Food Co-op



Heather's Hearth

Heather MacMillan/Patrick Carter
Douglas, Ontario

If you are looking for a producer who embodies the co-op's Mission, Vision and Guiding Principles, Heather's Hearth certainly fits the bill.

Heather and Patrick met working at OWL Rafting in the beautiful Ottawa Valley. Their passions and interests vary, but their love of being outdoors, working with their hands, and eating delicious food has led them to farming and baking. Together in Spring 2013 they started Heather's Hearth and Little Trickle Farm.

The bread is made using four base ingredients: organic flour, water, salt and leaven (sourdough culture). From there a few other ingredients are added to make different flavours, but it is these four simple ingredients that are manipulated to make the delicious varieties of bread.

The bread is baked in a wood-fired earthen oven. This kind of oven gives a crust and flavour to the bread like none other you have tried! Each loaf has between 5 - 100% freshly stone ground flour in it, ground just before use. The grain is bought from Castor River Farm in Metcalfe, ON or Ironwood Organics in Gananoque, ON. The remaining flour is bought from Mountain Path, a local organic mill south of Ottawa.

Handmade. Organic. Local. Flavourful. Healthy.

In the news...

Approximately thirty members of the Ottawa Valley Food Co-operative elected a new board at the co-operative's Annual General Meeting, on Wednesday May 6th. Dan McCarthy was elected as the new President.



Ottawa Valley Food Co-operative 2015 Board members, left to right: Heidi Downey, Lynne Epps, Jessica Fuller, Bob Dobson, Joanne McManus (Treasurer), Kathleen Lindhorst (Vice President), Dan McCarthy (President), Chris Tanner (Secretary).



Ottawa Valley Food Co-op

Get involved with your co-op!

Are you passionate about local food? Do you want to contribute to your community in a meaningful way?

Do you have a few hours to spare? Once a year? Once a season? Once a month?

Volunteers are the heart of the Ottawa Valley Food Co-operative.

Sharing the tasks means being an integral part of building a local food system that benefits our rural economy and provides fresh, healthy food to everyone!

Volunteering is flexible in regards to amount of time and tasks. Some examples are listed below:

- Participate in Delivery Day in Pembroke
- Drive orders from the sorting location in Pembroke to your closest depot
- Telephone reminders for your region
- Preparing snacks for volunteers on Delivery Day
- Regional Route Manager
- Help out at promotional and educational events.

Contact Cheryl Keetch for more information: cherylovfc@gmail.com

Grilled Asparagus

Preheat a grill.

Place asparagus on a plate. Drizzle oil over the asparagus and turn spears until they are coated. Sprinkle with salt and turn again.

Grill asparagus for 5 minutes over a hot grill. Each minute or so, roll each spear 1/4 turn. Asparagus should begin to brown in spots (indicating that the natural sugars are caramelizing) but should it not be allowed to char. Dripping oil may cause flare-ups. Keep a glass, or spray bottle of water handy to spritz on coals, if necessary.

Remove from grill and serve immediately (eating spears with your fingers enhances the experience).

Source: www.foodnetwork.com



In our Community

Chickens should be allowed in the backyards of Pembroke!

One of the OVFC's members, Tara DeRuiter has launched an online petition through *Change.org* seeking public support to keep her backyard chickens. She will be approaching council to try and convince the city of Pembroke to let them keep the chickens, which are currently forbidden under municipal bylaw. If you support the cause please go to *Change.org* and sign her petition. A link to her petition can also be found on the Ottawa Valley Food Co-op Facebook page.

The Ottawa Valley Food Co-operative, Inc. is a 'not-for-profit' co-operative, incorporated in December 2007 under the Ontario Co-operative Corporations Act.



Why buy local??

Local food is fresh and tasty. Food grown in your own community was probably picked within the past day or two. It is sweet, loaded with flavour, and has not lost nutrients due to processing and shipping.

Contact OVFC

For more information about the Ottawa Valley Food Co-operative, please contact Cheryl Keetch.

cherylovfc@gmail.com



Join us on
Facebook

Newsletter information

If you are interested in contributing to the newsletter or would like to provide feedback, please contact Heidi Downey via email at:

hdowney52@gmail.com