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A letter from Heather

Spring is in the air and I for one can't wait to be outside. The winter has been hard on all of us as we cope with the continued impact of COVID 19. We were so fortunate to be able to have had Coldest Night of the Year (CNOY) in person, outside at our new building. An incredible show of community spirit raised over \$100,000.00 for the Food Bank.

This winter saw an expansion of the kitchen to accommodate more vegetable prep space with an added bonus of letting in some natural light. A huge thank you to the Morningview Foundation, the Lawrence Shaffer Foundation, and to another anonymous community supporter, for making it possible. Also, we'd like to thank Aryan Ronczka and his talented team from Bauhaus Renovations.

We had the privilege of hiring two staff this winter. Lori Robertshaw is our Volunteer Coordinator, supporting our 130 dedicated volunteers. She is a welcome ray of sunshine and brings an incredible energy to our organization. Daniela Bowes took over the Office Administrator position in February and magically keeps administration running smoothly all without breaking a sweat. Incredible!

We have twirled (we no longer use the P word 😊) many times this last year as necessary restrictions were implemented. Thankfully in March we welcomed the people back for in-person shopping. What a beautiful thing! So wonderful to catch up with families and check in with those we've missed seeing even if it is still through masks.

April has us focusing on gardening as we watch seedlings develop, wistfully flip through gardening catalogues and quietly whisper to the plants to come out and play. Staff and volunteers are busy planning for the upcoming growing season, hiring summer students for our garden plots and getting back to in-person workshops like Container Gardening with Suzanne Orlando.

Our partnerships with community organizations and businesses contribute greatly to our ability to do the work we do. Knowing that not everyone in need has the capacity to get to the food bank, we are working with our partners to bring healthy food to the community where they live. This exciting new partnership will be revealed in the next few months and is the next step in our commitment to ensuring we have a well-nourished community. Stay tuned!

SAVE the DATE - On August 8th this year we will be commemorating our 30th year of service to this community. We are looking forward to recognizing the volunteers who have made this milestone possible and unveiling our new strategic plan to start us on the next part of our journey serving those in need.

Thank YOU for all you do for your community – YOU make our work possible.

With gratitude,
Heather Hayes
Executive Director, Orangeville Foodbank

Behind the Scenes



Renovations are Complete!

Our Kitchen Renovations are complete and we are excited to get our volunteers back in the kitchen to cook up some delicious meals for our clients!

In order to expand our kitchen, we moved our two intake offices to the front of our building. They were ready just in time to welcome our clients back to in-person shopping on March 1st.

The Honour Shelves

Our non-food Honour Shelf is back in place and holds a variety of items. The number available and the contents change based on what we have on hand, so check it out for yourself at your next visit.

Our food Honour Shelf has food that is past its best before date, but is still safe to eat.



Spring's Most Needed Items:

- | | |
|--------------|--------------|
| Kraft Dinner | Canned Meat |
| Honey | Fruit Cups |
| Jam | Toilet Paper |
| Juice Boxes | Dish Soap |
| Pudding Cups | |

Local Farm Highlight

Owl Dream Farm of Mono is a family-run, micro-greens farm. In their vertical urban farm setting, owners Curtis and Julie grow, harvest, and deliver their product right to the doors of their customers.

Owl Dream Farm has been able to donate their micro-greens to OFB several times since beginning their farming journey in 2020.

Julie had this to share with us:

"The Owl dream farm is inspired by the names of our two children; Oliver and Willow, and our desire to grow, eat, and share healthy organic food in a sustainable and accessible way. We want our children to see where their food comes from, and to experience the steps and satisfaction of growing and eating their own food.

Our urban farm follows a vertical farming model designed to produce a high-density crop with a small and sustainable carbon footprint. We are dedicated to educate the community about the health benefits of micro-greens and the importance of growing food locally for a sustainable future.

As a family, we want to offer local micro-greens, delivered fresh from our farm to your table. We hope you will enjoy our products and be part of the dream.

With the food insecurity on the rise our business captures the immediate need to offer fresh and healthy food to local families and businesses."

Vertical Farming is a way of farming on vertical surfaces, rather than traditional horizontal farming. By using vertically stacked layers, farmers can produce a great deal more produce than the same space of horizontal farming.

Vertical farming is happening around the world. By using indoor, controlled environments, vertical farms can avoid issues with weather, disease, and pests in their crops, also reducing or eliminating the need for pesticides.



New technology like vertical farming may be the solution to the growing global population and the growing pressure on traditional farming.

You can learn more about how Curtis and Julie are producing their farm to table micro-greens by visiting their website at: Owldreamfarm.ca

In each issue we hope to highlight a local farm, bakery, or business who has worked with us to provide nutritious and locally produced food to our clients & community.



Volunteer Highlight

with a message from Lori, Volunteer Coordinator



Colleen & Danelle share ready smiles and a passion for volunteering and it shows! They certainly helped raise the bar higher when it comes to the recent CNOY event on February 26th.

These incredible, tireless volunteers are two of the amazing team members who are steeped deep into helping at the Orangeville Foodbank.

When not working on our annual CNOY walk, Colleen and Danelle volunteer at the Orangeville Foodbank. Whether it is shopping with and for clients, coordinating the stocking of food, or helping clients during intake, they are at the ready to support their community.

It is only with dedicated, hard working, and loyal volunteers like Danelle and Colleen, that we can rise to meet the needs of running the Orangeville Foodbank. We are so very grateful!



"Volunteers do not necessarily have the time; they just have the heart." Elizabeth Andrew

Lets Talk Food

A Recipe from Owl Dream Farms

Penne with pea shoots pesto



Ingredients:

Penne or any type of pasta, 1.5 to 2 cups

1 Cup of Pea Shoots

1/4 Cup of Parmesan Cheese

1/4 Cup Olive Oil

1/4 Cup of Almonds

1 tsp of Lemon Juice

1 tsp of Chipotle Chili Pepper

Instructions:

- Cook pasta according to package directions
- Meanwhile, combine all remaining ingredients in a blender or food processor adding the olive oil slowly until the mixture has reached the desired consistency.
- Drain the cooked pasta and stir in your pesto.

Add a few pea shoots and grated parmesan before serving. Serves 2-3.



One cup of pea shoots provides about 35% the daily value of vitamin C and 15% the daily value of vitamin A.

Your Weighty Donations



Here at the Orangeville Foodbank, we weigh every donation and food purchase as it comes in and again as it goes out.

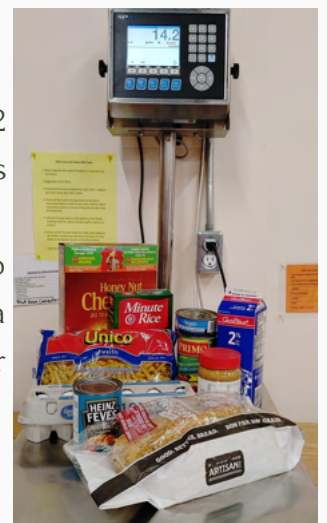
So far in our 2021-2022 year we have been privileged to have received 256,381 pounds of donated food.

We have been able to purchase an additional 37,322 pounds of food with donated funds. We purchase fresh foods such as milk, eggs, and fruits and vegetables.

Further, we have purchased 630 pounds of hygiene products for our clients.

This is what 14.2 pounds of food looks like.

Your donations add up to truly make a difference in our community.





SAVE THE DATE!

August 8th, 2022

**JOIN US IN
COMMEMORATING 30
YEARS OF SERVICE TO
OUR COMMUNITY**



**MORE INFORMATION TO COME, SO
KEEP YOUR EYES PEELED TO OUR
WEBSITE, ON FACEBOOK
& INSTAGRAM!**

Spring Gardening

There's nothing more satisfying than having a meal using vegetables you've grown yourself. Can't wait to get started? Here are some tips on starting indoors:

Collect the Right Tools:

- Seeds, obviously!
- A tray with no holes (like a foil lasagna tray from the dollar store).
- A tray with holes and divided sectioning to plant your seeds. You can purchase these at the dollar store, or you can even use egg cartons!
- Potting mix: look for a mix specifically for seed starting!
- A dome (that lasagna container may come with a plastic lid that's perfect).



Sow your Seeds:

- Wet your soil with enough water to wet it, but not that it is dripping.
- Pack your soil well into the divided tray, tapping the tray to get rid of any air
- Read your seed's instructions. You will need to follow the instructions for each seed to determine the depth your seeds need to be placed in your soil, and whether the seeds need to be covered with soil or not.
- Put the divided tray into the foil tray, and cover your tray with the dome.
- Make sure to label your rows, whether with a popsicle stick or some other method. You will thank yourself later for labeling them!



Continued on the next page.....

Spring Gardening

Time to Germinate:

- Find the warmest spot in your house. Place the tray in the warmest spot in your home to help speed up the germinating process. Avoid direct sunlight.
- Keep an eye on your seeds. Water them when the soil is touch dry by pouring water into the bottom tray, allowing your plant to 'wick-up' water. Pour out excess water not absorbed by your plants after 15 minutes.
- Once you see about half of your seeds sprout, you can move your tray into direct sunlight.



Visit [plant maps.com](http://plantmaps.com) to choose the best time to move your plants into the ground.

Hardening Your Plants:

Once your seedlings are 10 to 12 days from planting (they will be a couple inches tall), you can start acclimatizing them to the outdoors, in a process called hardening up.

Start small, placing the tray on your porch for an hour, and work up to longer stretches of time outside where you will be planting them.

Plant your seedlings:

After you've hardened up your seedlings. You can plant them in the ground.





Coming up in the next Orangeville Foodbank Newsletter:

- The Orangeville Community Garden
- Learn about our upcoming Food Vending Machine
- We will highlight another local farm and recognize a volunteer.



Shopping Hours:

Monday:	Closed
Tuesday	10 AM to 1 PM
Wednesday:	5 PM to 8 PM
Thursday:	10 AM to 1 PM
Friday:	10 AM to 1 PM
Saturday:	9 AM to 12 PM
Sunday:	Closed

To stay up to date on all things OFB, you can visit Us Online:

Orangevillefoodbank.org

