

## City Green trying to breed locavores

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City Green is hoping to make Cambridge residents a little healthier and environmentally friendly at the same time.

This Thursday, the subcommittee of Cambridge council's environmental advisory committee will host its 15th annual City Green Workshop in the city's new environmentally-friendly civic administration building.

The focus of this year's workshop is food and the environment, with special emphasis on eating locally grown products.

"We're hoping to get everyone attending the event to unleash their inner- locavore," said Sarah Otto, one of the event's organizers.

The word coined in 2005 and added to the Oxford American Dictionary in 2007 means someone who tries to eat foods sourced primarily from a defined area of 120 kilometres of their home.

An informative panel has been assembled including: Anita Stewart, author, gastronome and culinary activist; Steve Martin, part owner/operator of Martin's Family Fruit Farm; and Peter Katona, Executive Director of Foodlink Waterloo Region.

Stewart will take workshop participants on a journey through "Canadian cuisine," its web of eco-systems and edible landscapes. Martin will give a farmer's perspective, while Katona will demonstrate how to make the local food connection and how Foodlink has been connecting people with their food and the great farms and food businesses in this area.

"What we want to do is get people thinking about where their food comes from," Otto said. "We want to help them reconnect with the farmer who produces their food."

Otto said that within a 100-mile radius of Cambridge, people can bulk buy most of the meat, fish, vegetables, grains, and cheeses they need.

"Sure, people will still have to buy things like coffee, oranges and bananas, but the bulk of things can be purchased locally," Otto said.

City Green chair Jeff Leader echoes those sentiments.

"Eating wisely is about experience and relationships with local producers," he said. "City Green believes that becoming a 'locavore' is not only good for our environment but also builds a sense of community."