

NOVA SCOTIA FOOD SUMMIT

SECURING FOOD FOR OUR HEALTHY FUTURE

OLD ORCHARD INN – OCTOBER 18TH TO 20TH, 2009

Greenwich, Nova Scotia

**Bringing
The People And The Pieces
Together**

THE PEOPLE AND PIECES

**CITIZENS - FOOD PROVIDERS - HEALTH
EDUCATION - FOOD SECURITY
ENVIRONMENT - ECONOMY**



http://www.friendsofagriculture.net/foodsummit_2009_12.html

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Nova Scotia Food Summit

October 18 – 20, 2009

Old Orchard Inn, Greenwich, NS

Report

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Provincial Committee:

Dr. Av Singh, Mark Austin, Michelle Murton, Jen Scott, Don Black, Marla MacLeod,
Darren Leyte, Gordon Michael, Wanda Hamilton, Lindsay Corbin



November 24, 2009

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Nova Scotia Food Summit Goals:

- Foster understanding that we're all in this together
- Present focused information to increase all participants' knowledge and understanding of the food system
- Facilitate discussion between citizens and leaders
- Disseminate information and outcomes from the Summit to create wider support for a more robust local food system
- Provide the impetus for the formation of a Nova Scotia Food Policy Council (NSFPC)

Executive Summary to follow. It was Ray Ivany, President of Acadia University and guest speaker at the Summit, who may have best described the outcome of the 2009 Nova Scotia Food Summit: "history will tell us".

Puzzling Over the Pieces – Reflections on the Summit

By Stefan Morales – Political Science Master’s Student, Acadia University, Nova Scotia

Heather Cosidetto - Program Director, Ross Creek Centre for the Arts, Nova Scotia

It’s amazing how many diverse ideas and issues arose from the 2009 *Nova Scotia Food Summit’s* focused undertaking. It became clear as the discussion unfolded that *food* encompassed the obvious practices, such as growing and eating food, as well as less obvious practices, such as childcare, nursing, education, policy-making, and so on. According to many at the summit, we were all talking about a food system that was broken. How could we fix it, how could we ‘put the pieces back together?’

As Linda Best repeated again and again—and what became ever more apparent as the days wore on—was that the *Food Summit* was a broad attempt at just this: ‘putting the pieces back together.’ This metaphor is interesting and it presents a number of ideas that the *Food Summit* underscored. First, it draws our attention to the possibility that the food system is a *puzzle*. Our food system is an often paradoxical network of practices, constrained or unconstrained by various forces—ecological, legal, economic, social, cultural, and so on—and it tends to operate counter to itself and other sectors of society. What the *Food Summit* brought to participant and presenter alike was the awareness that the complex food system necessitates a collective effort of reassembly. We must make unconventional alliances, as many presenters suggested, between those working in health, economics, farming, marketing, social work, hospitality, gardening, policy-making, education, and so on. Above all, we must forge unconventional alliances with an ecosystem that we have ignored and worked against for many, many years. If we want to move towards transforming our food system into 100% local and sustainable, we must expand our work beyond the confines of our comfort and expertise (our ‘silos’), which in-turn will expand the collective effort of reassembling the almost unrecognizable puzzle that industrial processes have made of our current food system... *reassembling this puzzle into a more sustainable whole.*

Second, ‘putting the pieces back together’ implicitly assumes that this puzzle can be put back together (without the puzzle box to refer to!) and that each piece has its counterpart, requiring only our thoughtful exploration of each piece in relation to the other. As the Summit wore on, however, participants, presenters and organizers alike tended to balance between approaching the puzzle as either a hopelessly complicated mess or an exceedingly straightforward task. Perhaps when things looked simple, we were only assembling the easy pieces at the edges of the puzzle and when things looked complicated, we were dealing with the very centre of the puzzle, the very heart of the matter. What of those puzzle pieces that didn’t seem to fit with any of the others, those difficult ones we knew were part of the picture, but couldn’t quite seem to fit with any of the other pieces? Will we ever bring all of the pieces together into a whole picture?

Many were torn between embracing, on the one hand, an ethical outlook that *humbled* itself in the face of a complicated and paradoxical food system (with complex solutions that required coordinated efforts between disparate elements of civil society, global and local markets, and so on), and on the other hand, an ethical outlook that *forged ahead* in the face of this complexity (with simple solutions like ‘start a backyard kitchen garden,’ or ‘always support local farmers,’ or ‘join a CSA’ and so on). It is doubtful that we will ever be able to complete such a complicated puzzle, but it is entirely believable that we can get quite far by approaching the task of reassembly with both the humble and the brazen approaches together. Why? This is perhaps the third meaning we can take from ‘putting the pieces back together,’ and it is this: we are talking about nobody else but ourselves... *we are the pieces that must be reassembled into new configurations.* It is ultimately about commitment to reassemble and connect, which is another way of saying, our ethical commitment to a new, perhaps never-before-seen community around food. This is not an abstract community, but a community founded on intimacies of taste, smell, compassion and so on. A community that is founded on a respect for social and ecological principles... a community that we had only just begun to build at this year’s *Food Summit*.

Day One: October 18, 2009

Opening and Welcome:

The Summit opened with a presentation of *Food Matters*, written by Stephan Morales and preformed by Sue Smiley and Linda Wheeldon, members of Women of Wolfville, whose production this year is based on food.

Linda Best, Co-chair, welcomed the audience to the 2009 Nova Scotia Food Summit stating that we “come together as friends to help insure that we have healthy food for the future”. The tone was set for what would become formative conversations about food, agriculture, health, our environment, our politics and how we must come together to foster more than just change; action. The Food Summit was organized by Linda Best, Dr. Edith Callaghan and Alan Stewart. Over 250 people concerned about all aspects of food and food systems and agriculture came together to learn how to make the changes that will ensure *Healthy Fields, Farms, And Food Now And For The Future*.

Dr. Edith Callaghan Chair of the afternoon session stated the Food Summit goals, pointing out that the first three goals can be reached during the course of the Summit:

- Foster understanding that we’re all in this together
- Present focused information to increase all participants’ knowledge and understanding of the food system
- Facilitate discussion between citizens and leaders

The latter two will occur in part through the compiled notes from the Summit:

- Disseminate information and outcomes from the Summit to create wider support for a more robust local food system
- Provide the impetus for the formation of a Nova Scotia Food Policy Council (NSFPC)

Dr. Callaghan encouraged all present to pass on any comments to the Summit rapporteurs so that they can be included in this report.

Dr. Callaghan asked the audience to step outside of their comfort zones, to acknowledge that perceptions will shift depending on where each of us stands and to bear in mind that we have in the room a diverse audience from many backgrounds. Dr. Callaghan urged us to keep these things in mind as we begin to seek solutions and also to introduce ourselves to one another in the spirit of learning and the cross pollination of knowledge. Dr. Callaghan thanked the political leaders and invited them to come to the stage.

Fred Whalen, Warden of Kings County welcomed participants to Kings County, an outstanding agricultural region, and stated that we need to develop a “Made in Nova Scotia” policy for our region; we do not have time to waste. Warden Whalen suggested the formation of a council that would speak for food in Nova Scotia, through which “we would have a voice for the government as a system of advisement”. He said that the Summit comes at a very important time for food and agriculture in Nova Scotia.

Minister Ramona Jennex, Cabinet Minister and MLA for Kings South, welcomed all participants to the Summit and suggested that we have a reputation in this region for all of our foods; that we are all playing a role to keep the industry working. “I know this is going to be thought provoking for all of us”. Minister Jennex is very proud of her responsibilities with the government most proud to be the MLA for King’s South. Minister Jennex commended Linda Best, Alan Stewart and Dr. Edith Callaghan for creating this forum, with its promise to be “thought-provoking and delicious!”

President of the King’s County Federation of Agriculture, **Patricia Bishop**, is also an organic farmer and Community Supported Agriculture (CSA) farmer. Bishop stated that this Summit is “so timely”, a sentiment echoed by all panellists and participants of this Summit. Bishop shared her concern for the many farmers who wonder, “Can I

carry on until next year?” Bishop pointed out that the public needs to be involved and that we must all work together to establish a food network that works for all. Bishop concluded by welcoming “all of us here to get the work done.”

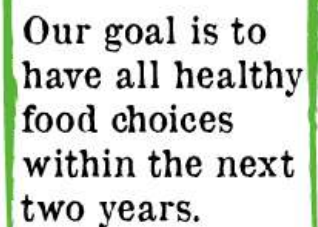
Panel and Discussion - Identifying the Pieces

Moderated by Dr. Edith Callaghan

Keynote speakers: **Chris Power**, President and CEO of Capital Health; **Lori Stahlbrand**, founder and President of Local Food Plus; **Ray Ivany**, President of Acadia University and **Dr. Ralph Martin**, Director of Organic Agriculture Centre of Canada and Nova Scotia Agricultural College professor.

Chris Power, President and CEO of Capital Health said that she has been looking through the health lens but we now need to focus on food:

- ◆ Capital Health provides health care and services to 400,000 people and provides additional levels of care to the 2 million people throughout the Atlantic Provinces, spending on average \$2 million a day on patients.
- ◆ Capital Health has a “people-centred health, healing and learning” mandate that influences everything we do as a provider of health care services and a promoter of healthy living.
- ◆ We are facing a health care crisis of epic proportions – a perfect storm created by illness, age, poor health practices, a lack of physical activity, poor eating and economics.
- ◆ “The vast numbers of people we treat are there because of lifestyle choices”.
- ◆ Fundamental changes need to be made: nearly half of Nova Scotia’s budget is spent on health and by 2021 the costs of health could triple - clawing back the entire Provincial budget.
- ◆ There is a fiscal imperative for changing the healthcare system because we are spending *a lot* but we aren’t getting healthier overall.
- ◆ Nova Scotia has the highest rates of cancers and respiratory disease, one of the highest rates of chronic health and the second highest rate of diabetes, and among the highest rates for circulatory disease.
- ◆ Most of Nova Scotia’s poor health is *preventable*.
- ◆ Capital Health recently conducted a Community Health Assessment Survey of 2800 people that revealed a clear correlation between behaviours and health status: 44% of our citizens are inactive; 62% of our citizens eat below the fruit and vegetable requirements; 62% of our citizens are overweight.
- ◆ Capital Health does not just want to be a repair centre, and we came to the realization we were a poor role model for healthy eating. We looked inside of our walls and saw that the foods being offered in our staff cafeterias were not healthy.
- ◆ To remedy this, we took actions to change the facilities and the menus in our cafeteria, and to phase out unhealthy food and source local food.
- ◆ In August we turned off the deep-fryers. The expected outcry didn’t happen!
- ◆ It is our belief that we have to do better. We have to:
 - ▶ Phase out unhealthy foods
 - ▶ Emphasize the benefits of healthy eating
 - ▶ Use local food suppliers as much as possible
- ◆ One of our challenges was “pushback” from employees who told us, ‘we are adults and that we want to make choices for ourselves.’ However, Capital Health is committed to being leaders in this regard and we are working to satisfy staff’s desire to make their own choices, while still meeting the goal of phasing out unhealthy foods.
- ◆ Our goal is to have all healthy food choices within the next two years.

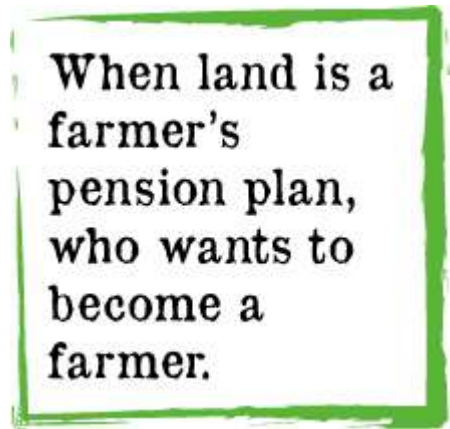


Our goal is to have all healthy food choices within the next two years.

- ◆ We are talking about the benefits of healthy foods.
- ◆ We particularly need to get healthier food into our schools.
- ◆ One in three Nova Scotia children and youth are overweight or obese.
- ◆ This is the first time children may not live as long as their parents and the first time school children are developing chronic diseases such as diabetes
- ◆ One contributing factor to nutrition-related problems in low-income families is the *cost* of healthy food.
- ◆ Capital Health now hosts a weekly farmers' market, which not only helps to educate staff but also provides a valuable service to the local community.
- ◆ Capital Health is proud of our farmers' market. From April until October we ran a market on the grounds of the VG site. The market helped staff and citizens in the area to learn about healthy local foods. One comment from a nurse was that Friday night was "wing" night but now it is fish and salad.
- ◆ Healthy food choices will make a better society and we cannot afford an unhealthy society.
- ◆ We in this room need to work toward this together, for our society's health.

Lori Stahlbrand, former CBC broadcaster and founder of Local Food Plus, began by stating that the Summit comes at a time when we are at a turning point – we're facing huge financial challenges at exactly the same time that our dependence on petroleum-based resources is becoming too much for the planet to bear. Both of these are going to have a dramatic effect on our ability to feed ourselves. But they also provide an opportunity to rethink how we feed ourselves – especially when 1 in 7 Nova Scotians is employed in the food system, and "we all eat", though a small percentage of us actually *produce* food.

- Our current system is unsustainable in every sense – environmental, global supply chains, fossil-fuel based synthetic fertilizers and pesticides – the food system is responsible for almost 1/3 of greenhouse gas emissions.
- The average item on your dinner plate has travelled 4000 km.
- It's unsustainable when our class A farmland is being covered with subdivisions and offices
- ◆ Why are we importing food at the height of the growing season?
- ◆ It's unsustainable when we're degrading soil, polluting water, and decreasing diversity.
- ◆ It's unsustainable economically when farmer's incomes have dropped steadily over the last 50 years, when the average age of farmers is now close to 60, and very few young people are willing to farm because they just don't see a future in it.
- ◆ Who can blame a farmer for wanting to sell their property when their children don't want to farm. When land is a farmer's pension plan, who wants to become a farmer?
- ◆ It's economically unsustainable when much of our food is grown by peasants around the world who can barely feed themselves and who must grow food for international markets to barely stay alive.
- ◆ It's socially unsustainable - Canada has the cheapest food in the world but there are children in Canada who still go to school hungry.
- ◆ On average we spend 10% of our income on food. By comparison people in Western Europe spend about 15 – 20%, and Japanese spend about 30%.
- ◆ Food here is too cheap; this is why farmers are going in debt, rural areas are becoming depopulated and urban and rural people are living very separate lives and they're not talking about these issues.
- ◆ But there are solutions and one of the best ways to generate solutions is through Food Policy Councils.



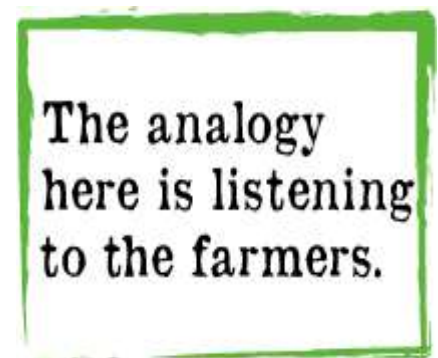
When land is a farmer's pension plan, who wants to become a farmer.

- ◆ I'm very excited to see that the idea of creating a Provincial Food Policy Council is on the agenda here – you will have the opportunity to create the first Provincial Council in Canada.
- ◆ I think you should go for it!
- ◆ Food Policy Councils can be a very powerful tool for positive change.
- ◆ I have been involved with the Toronto Food Policy Council for a decade now.
- ◆ TFPC was founded in 1991 and Dr. Rod McRae, originally from Truro, was the first to head it up and it's now run by Dr. Wayne Roberts
- ◆ The council provides the community with the mechanisms to come up with solutions and develop food system changes for problems rather than dealing with each issue individually.
- ◆ The TFPC is part of the Department of Public Health and has a staff of two, who are permanent employees of the City – this means that the citizen members of TFPC are not burdened with fund-raising
- ◆ TFPC is perfectly situated to advise government on a wide range of food policy issues – healthy, poverty, environment, justice, land-use – anything that pertains to food is the mandate of the Council.
- ◆ The TFPC is comprised of 30 “citizen members” who bring a wide range of expertise
- ◆ All are citizen members rather than representatives or stakeholders in the food system and that's a really important point that you might like to consider. TFPC is deliberately not a stakeholder organization – the members are all ‘citizen experts’ who sit on the Council as individuals who are committed to working with others to find solution.
- ◆ So, for example, the Council would want to have someone knowledgeable about food retail but not necessarily, and not preferably, someone who would represent big retail or small retail.
- ◆ The point is that all Council members are committed to the mandate of TFPC, rather than to their own sectoral interest.
- ◆ TFPC has a Food Charter and that acts as the mandate of the Council – that is an essential means for getting consensus – everyone who joins the council knows what they're working towards.
- ◆ An example of the kind of mandate that could work here: that a Provincial Food Policy Council would help the Province implement policies that further a food system that is health-centred, environmentally responsible, socially just, and stimulates meaningful employment in the food sector. That's all you need to get started – something you all believe in and that's broad-based enough that you can start the discussion about the issues.
- ◆ The TFPC becomes a bridge for dialogue between people who may not be used to talking to each other, and is solution-oriented rather than polarizing - meeting around one table catalyzes relationship-building.
- ◆ At a TFPC meeting in 2005 when I was making a presentation to TFPC about local food systems, I met Mike Shreiner who was receiving the Local Food Hero award that evening for starting a successful local food box company. We talked about how to help scale up production and distribution of local sustainable food, and engage public sector purchasers.
- ◆ All of the alternatives to the mainstream system – organic sales in retail outlets, farmers markets, community supported agriculture, etc. only accounts for less than 4% of total food purchases.
- ◆ The other 96% of food purchases are through mainstream retailers and large food service companies (Aramark, Sodexo and Compass Foods are the three big food service companies on the world serving most major public and private institutions) and local food is not a focus of their work.
- ◆ As a result of the conversation Mike came to work with me to found Local Food Plus which has been operating for about three years and now has about 200 local sustainable farms and processors and about 45 purchasers including some major public sector institutions who previously didn't have local food on the radar – such as U of T (20% last year aiming for 25% this year), and the city of Markham (15% last year aiming for 20% this year) .
- ◆ LFP farmers are selling to retailers, restaurants, caterers, etc. – all relationships that LFP has brokered.

- ◆ According to the organization's website, Local Food Plus is a "non-profit organization that nurtures regional food economies by certifying farmers and processors for local sustainable food production and helping them connect with buyers of all types and sizes. LFP Certified Local Sustainable farmers and processors reduce or eliminate pesticide use, treat their animals well, conserve soil and water, protect wildlife habitat, provide safe and fair working conditions, reduce energy use, and sell locally wherever possible."
- ◆ I'm very excited about the possibilities here in NS especially considering how much work has been done.
- ◆ I congratulate you on holding this Summit and offer my assistance in helping you achieve your goals.

Ray Ivany, President of Acadia University, is a self-proclaimed non-expert in food and agriculture. Ivany did not believe at first that he had anything to contribute to the Food Summit but soon learned that he really did have a perspective on the issues relating to food and food systems and that there is great urgency here. He talked about the role of education, food system issues, and Acadia's role in this.

- ◆ In times when there have been difficult transformations such as we're in the middle of, you would expect the role of education to be that of a lead agent but it has been seen that education clearly followed rather than leading.
- ◆ Education often *follows* widespread social and economic change (e.g. the Industrial Revolution), but sometimes *leads* revolutionary periods.
- ◆ This current situation exemplifies a failure to be adequately prepared – we thought we had it under control and we were *wrong*.
- ◆ With these global changes, we have learned that orthodoxy fails us; it comes apart.
- ◆ As an educator, I wish we were already playing a bigger role.
- ◆ There is a generational change underway--our students lead us a lot. It is advisable for us to follow our young leaders.
- ◆ I do believe that there is a role for education to lead but history will tell us how.
- ◆ Previously I had the opportunity to work with the Federal Task Force on the demise of the cod fisheries. My reconstruction of that was that if the policy makers had listened to the local fisherman with their connection to the sea and sustainability, we would not have had a collapse of this industry.
- ◆ As it is, globally we're going one species at a time towards extinction.
- ◆ The analogy here is listening to the farmers. They are on the front lines with an understanding of the markets and the land. The fisheries policy makers all lived in Ottawa and did not have a connection to the cod, and their solutions haven't worked.
- ◆ In the same way policy made at a distance can get removed from reality. It would behove all us to listen, and listen deeply to the farmers and others connected to food.
- ◆ If anyone is smiling from beyond the grave, it's Max Weber – the sociologist who studied bureaucracy – when we're doing something good we want to do more of it so we go from micro-scale to something larger, we organize systems and processes, then the system gets too big we end up wringing out the very good that we wanted to do.
- ◆ The food system is extremely *complex* – how many policies have already been created by people working in silos – working on little pieces on their own.
- ◆ To deal with built-in dysfunction in something as complex as the food systems we need to have very effective strategies to make sure the pieces work because there are so many connecting points that if you don't get them right it will fall apart.



The analogy here is listening to the farmers.

- ◆ Here in the Maritimes we have all the requisite pieces but so far we can't seem to get the pieces fitted together properly, and the need to do that, whether for health or economy or other parts, is not in fixing the little pieces, it is in getting the totality right.
- ◆ Collaboration is difficult – it takes an honest, open, respectful dialogue, and an understanding of differences and a willingness to pursue solutions together rather than going on alone.
- ◆ I thought I was aware of food and that I was eating sustainably, but I have a different understanding having lived here in the Valley for the past six months. There is a level of abstraction that comes from buying at the supermarket that in many ways mitigates against what we're here to discuss.
- ◆ Eating locally has made me feel more connected – this feeling is important to the kind of awareness you're working here to achieve.
- ◆ Acadia University has had deep roots in the community since 1838. Geography does matter. What happens to agriculture communities in this Valley means something to Acadia and I hope Acadia will mean something to the communities. Acadia has similar challenges to other Universities across Canada but many communities do not have the kinds of resources that we have: universities, community colleges, health authorities focusing on health.
- ◆ Here in the Valley we have the opportunity to do an inventory of the pieces that exist and figure out how to combine them so they can work together more effectively.
- ◆ We have successes – the Arthur Irving Academy, the Acadia Farm, and the local links that Chartwells is making, and we have many faculty who have many partnerships with the community.
- ◆ I'm a fan of the land-grant universities that were set up in the US in the 1800s with a call on them to be relevant to the communities they served – they're repositories for skills, knowledge and research capacity not just inside their walls but also in the wider community, and I think that Acadia was founded on that same spirit and connection to community.
- ◆ We need a return to that connectedness with local community and make it as relevant now as it was when Acadia was founded 171 years ago.
- ◆ I do think there's some urgency here. If we want to find solutions ourselves rather than have others foist their solutions on us, then we must act urgently.
- ◆ Quoting Hegel, "Hell is truth, seen too late."

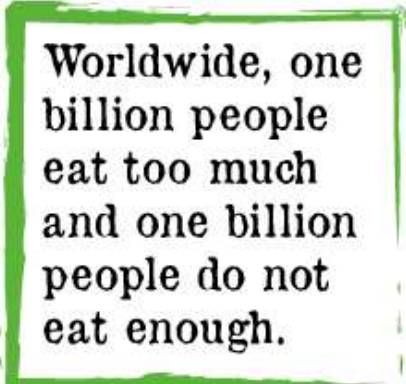
Dr. Ralph Martin is an educator and a researcher who focused his presentation on the question, "What Problems Have Brought Us to the Need for a Food Summit?" Dr. Martin began his presentation by repeating what he saw as key phrases in each of the other panellist's presentations:

- ◆ Chris Power, "In August we turned off the deep fryers"
- ◆ Lori Stahlbrand, "U of T is almost at 25% local food."
- ◆ Ray Ivany, "Listen to the farmers."

Dr. Martin's presentation included the following points:

Problem: The "Diversity" of our Diet

- ◆ I would first question the "diversity" of our diet. We have 200,000 species of food that are suitable for human consumption but we choose to eat only 300 of these species and 17 species provide 90% of human food.
- ◆ We have so much given to us in nature but have narrowed our diets down to so little: wheat, rice, corn make up 75% of what we eat.
- ◆ The diversity in supermarkets is basically wheat, rice and corn reconfigured.
- ◆ We seem to be entrenched in a very specialized agricultural system.



Worldwide, one billion people eat too much and one billion people do not eat enough.

- ◆ Worldwide, we have 6.8 billion people, we waste about 40% of the food we grow, one billion people eat too much (we need about 2500 calories and many in North America eat around 3700) and one billion people do not eat enough.
- ◆ Quoting J. Lovelock, “We as humans are a pestilence on earth, causing problems for the ecosystem.”
- ◆ We have to grow up – we’ve acted like teenagers and it’s time for us to rethink how we treat the earth.

Problem: Displacing Dignity and Capacity

- ◆ I am concerned about the dignity of local farmers, as they try to make a living, who have a right to be proud of the work they do in feeding us, and who are being displaced by the industrial food system.
- ◆ Capacity: We have students at the Nova Scotia Agricultural College whose parents are telling them not to become farmers.
- ◆ A fifth generation farmer had his grandfather tell him, don’t become a farmer, farming is not a way to earn a living.
- ◆ When the third generation of a farming family tells the fifth generation not to farm, we’re in trouble.

Problem: Cheap Food

- ◆ *Cheap food* creates many problems, globally. We are losing the capacity to feed ourselves because of cheap food flooding local markets.
- ◆ However, as fuel costs rise, so too will the cost of food.
- ◆ But with rising oil costs also come rising input costs that will make it more difficult for farmers.
- ◆ The trick is for us to get from here to there – where farmers will be paid appropriately for their work. Somehow we have to hang on to our capacity until then.
- ◆ We need an interim solution with regards to dignity and capacity, until we reach a point as a society of paying the right price for food.
- ◆ At the same time there are people who can’t afford food even at the cheap prices. Who is benefiting from the current system?

Problem: Importing Food

- ◆ There is a misguided conception that by purchasing imported foods we are “helping poor farmers in the south”.
- ◆ If we buy bananas and flowers from the south, we support them, right?
No, mostly *wrong*:
 - ▶ Most of the money goes to wealthy landowners (not to the farmers themselves)
 - ▶ The best land is generally used for exports (not to sustain local residents)
 - ▶ The amount of land available to use for food crops is declining.
 - ▶ Trade *within* S. America has decreased.
 - ▶ Professor visiting from the South said – “I wish we would cut ourselves off from you – our debt to you is increasing - more money going North – just leave us alone.”
 - ▶ In short, by buying food from other countries we’re not necessarily helping farmers there either.

Problem: We Worship Energy

- Currently in the industrial food system there’s about ten times as much energy going into the system as we get out in calories.
- ◆ We have a reliance on nitrogen-derived (Haber-Bosch method) fertilizer for food production.
- ◆ About 48% of people depend on this for their food; by 2050 this number could rise to 60%.
- ◆ Loss of excess nitrate to waterways and nitrous oxide (330 times worse than CO₂) to air with accompanying problems.
- ◆ Making N-fertilizer uses 1/3 of the global agricultural energy budget.
- ◆ We have to become less dependent on nitrogen fertilizer.

Solutions: Local and Organic Works

- ◆ In 1945 it took 4 hours work to buy a bag of groceries: today it takes 2 hours.
- ◆ We need to invest in the farmers wherever they are
- ◆ By buying local and organic food, you might be paying 10% more.
- ◆ But you may end up spending the same amount of money as a person who does not buy local - those who pay more waste less. (Respect for food = less waste)
- ◆ Wayne Roberts proposes a 4-day work-week to allow people to work 1 day a week to grow and preserve food.

Measures that we want and need

- ◆ Healthy community, food and soil
- ◆ Clean air and water
- ◆ Biodiversity
- ◆ Environmental service
- ◆ Happiness and well being – community and trust and GPI measures

We need to help farmers to hang on until oil and other prices go up high enough so that farmers can make a living. Farmers are solution providers. With their land, resources and know-how they can provide food security and energy security. It's worth a serious conversation to find out what they need from us to do that.



Q. To Chris Power:

Your use of the words, 'lifestyle choices' has more to do with social class, education and work and not so much with choice. It doesn't take into account the actual lack of choice with regards to lifestyle. This is not meant as a criticism, just something to consider. Your reference to farmers set up a dichotomy of an 'us and them'. I am a farmer, and it is not an 'us and them', it is all us.

Power's response re: "choice":

- ◆ *Poverty is faceless and the determinants of health have huge implications (and I will address this further tomorrow).*
- ◆ *You are absolutely right. I will be careful about my use of 'lifestyle choice'.*

Q. To Lori Stahlbrand:

What are the roadblocks to Local Food Plus?

Stahlbrand's response:

- ◆ *Working with administrations and a buy in from institutions. So many relationships. We need to have buy-in from the administration of institutions to make it happen.*

Q. To all panellists:

What is the role of the retail food market? Do people on the panel see working with these larger systems as a solution or do you recommend encouraging people to avoid those chain stores altogether?

Stahlbrand's response:

- ◆ *We have not worked with big chains. They need a lot of food and central distribution.*
- ◆ *This will have to be changed if we want sustainable food systems.*
- ◆ *It is customer pressure that will affect change.*

Ivany's response:

- ◆ *I am more aware now that I live in the Valley.*
- ◆ *I am torn; I don't think we need to wait around for the chain stores – we need to lead.*
- ◆ *You can inadvertently buy an import thinking it is local.*

- ◆ We need a local section in chains to draw more attention to locally sourced produce.
- ◆ That might help consumers to change more easily.

Dr. Martin's response:

- ◆ Flyers become a promise to the consumer and when a food item is not available, it must be sourced elsewhere.
- ◆ Chains serve us convenience, and the problem is that food is too convenient.

Q. To Ray Ivany:

Please expand on your statement that it is too early to tell whether we should lead or follow.

Ivany's response:

- ◆ By "we" I meant the wider education system, and that education systems often do not lead.
- ◆ The jury is out on whether the educational system can catalyze a fundamental shift in society or will follow.
- ◆ We as an educational system might not have the capacity to instigate revolutionary change.
- ◆ I am proud that Acadia is asking the tough questions.
- ◆ We hang on to old models too long.
- ◆ Reform from within is always challenging.
- ◆ I've spent as much time following students as leading them.

Q. To Dr. Martin:

The 20th century was unkind to farmers. With young students being discouraged from become farmers, we need to declare that the 21st century is the century of the farmer. What can we do to make the next 50 years much kinder to the farmer?

Dr. Martin's response:

- ◆ The optimism is from my students. Nathan, the student I mentioned earlier who is a fifth generation farmer is going to farm, despite his grandfather's protestation.
- ◆ Food will become more valuable and as we spend more for it we'll pay more attention to where it comes from.

Stahlbrand's comment:

- ◆ I share your opinion but not your optimism.

Ivany's comment:

- ◆ I have more of a long-term optimism.
- ◆ The force of globalization is strong – we've been buffaloed; the power will come as communities come together to make macro and micro level decisions.
- ◆ Short term is harder – listen to farmers.
- ◆ We must listen to the farmers.

Power's comment:

- ◆ Food has been elevated in society to where I have never seen before.
- ◆ This Summit will help bring that about.

Q. To Chris Power:

You did not talk about your goals for local food and obstacles...what are they?

Power's response:

- ◆ We have two different processes – feeding patients and retail supply restaurants.
- ◆ We have been buying local food for our patients but the obstacle is amount. We have to make sure that there's enough, and cost is an issue, too.
- ◆ On the retail side, we are having conversations with the company to buy local.

Follow up question:

- ◆ *...and your goals?*

Response:

- ◆ *We have a task force working on this.*

Panel and Discussion - Providers of Food

Moderated by **Alan Stewart**

Keynote speakers: **Earl Kidston**, Nova Agri Group and Between the Bushes Restaurant; **Ted Hutton**, Hutton Family Farm; **Lindsay van de Riet**, dairy farmer and a member of the Executive of the Halifax-East Hants Federation of Agriculture and **Lew Robicheau**, L.J. Robicheau and Son Fisheries Ltd.

Moderator **Alan Stewart** posed a question to the audience as he asked the panel to introduce themselves. What are the relationships between food and who provides it? Stewart said there is a direct relationship between the health of Nova Scotians and the health of its food system.

Panel Introductions:

Lindsay van de Riet is a 21 year old from Shubenacadie, the daughter of a dairy farmer and chuckling that she may be the youngest person here, Van de Riet tells the audience that she marveled how over 500 people from the community at large come to her farm on Open Farm Day.

Lew Robicheau is a Digby Neck fisherman. Robicheau is part of a family operation that fishes for both fish and scallops. Robicheau's markets range from restaurants and retailers to door-to-door sales to reconnect with his customers.

Ted Hutton owns and runs a small family farm made up of a mixture of fruits and vegetables. Hutton sells his wares at both the Halifax Farmers' Market and the Wolfville Farmers' Market and does not use traditional food systems.

Earl Kidston is based in Port Williams and describes his farm as "country managed". Kidston's farm was started in 1971 growing both fruit and vegetables and marketed through Sysco, Loblaw's, Sobeys, Pete's Frootique, Farmers' Markets and U-picks. Kidston produces value added foods such as condiments, juices and fresh cut. Kidston adds that he has strategic alliances with neighbours.

Moderator's question to panel: Is today's food system working for you?

Van de Riet's response:

- ◆ *There are not many young people in agriculture anymore, but interest is growing and those who are farming are very happy to be doing so.*
- ◆ *We are supply-managed starting in the 1970's and that is working very well. Markets are monitored and the prices match the demand. This management reduces storage cost and affects production controls.*

Robicheau's response:

- ◆ *Yes, the food system is working for the fish industry.*
- ◆ *Fish stocks are better than many think (e.g. George's Bank and haddock).*
- ◆ *Quality and fresh is what you have to go for, the biggest challenge is turnover.*
- ◆ *With free trade, you have import competition as the challenge with a focus on haddock.*

Hutton's response:

- ◆ *Yes it's working, but it's not easy. The food system is evolving. I am specific to whom I sell.*
- ◆ *It is making us a living, however, long hours are required and my wife does have a job that provides outside income.*

Kidston's response:

- ◆ *Yes, but it is in need of repairs.*
- ◆ *As farmers we have a stake in food production.*
- ◆ *Our challenges range from economic viability to a northern climate to people.*
- ◆ *There is too much food in the world. With a global market, food arrives from other countries, which may have cheaper farming productions. North America is one country with currency fluctuations. Canada has to be an exporting country. Supply and demand control the costs. The supply management system used for eggs, turkeys and chicken and dairy are the backbone of Nova Scotia's agriculture.*

Moderator's question to audience: How many people in the room classify themselves as farmers?

Answer by show of hands:

- ◆ *1/3 of audience consider themselves farmers*

Moderator's question to Van de Riet: What is an obstacle in your business to prevent your industry?

Van de Riet's response:

- ◆ *The supply management model needs to remain.*
- ◆ *There are fewer youth entering the industry.*
- ◆ *The costs of fuel and feed.*

Moderator's question to Robicheau: How do you catch your fish?

Robicheau's response:

- ◆ *We use dragger and long liner trawlers. For scallops, we use a dragger.*

Moderator's question to panel: Do farmers know what consumers want?

Van de Riet's response:

- ◆ *Yes, farmers do know...consumers want safe, fresh product. Good products and a good price.*

Robicheau's response:

- ◆ *Yes, agreed, consumers want freshness.*
- ◆ *A challenge is competing with China's export fish industry due to their lower labour costs, and as a result of lower labour costs they are able to cut fish to specs that restaurants prefer.*
- ◆ *Buy Local campaign has helped increase awareness and now restaurants are more amenable to purchasing locally.*

Hutton's response:

- ◆ *Yes, agreed. People want safe fresh quality food at a decent price.*
- ◆ *When I am selling my produce, routinely I am asked, "How do you grow your food"?*
- ◆ *The bulk of my customers are ethical people who want to see me succeed.*

Kidston's response:

- ◆ *Yes, I agree with other panellists...*
- ◆ *There are two types of customers - direct and retail. They want a good deal, and safe food.*
- ◆ *There are less people here to work, and we need to increase the labour force 10-fold at harvest time, so we use offshore labour to control cost.*
- ◆ *We are also challenged by the short growing season.*

Van de Riet's additional response:

- ◆ *People are yearning for a connection to the land, as evidenced by the packed attendance at farmer's markets and especially at "open farm" days.*

Moderator's question to panel: Is there anything you would like to bring up? What do you think makes a successful farmer?

Van de Riet's response:

- ◆ *Financial stability... you need to be somewhat profitable,*
- ◆ *Doing rewarding work that offers a connection to the land*
- ◆ *You need to be happy with you're doing and with the lifestyle.*
- ◆ *You have to believe in agriculture.*

Robicheau's response:

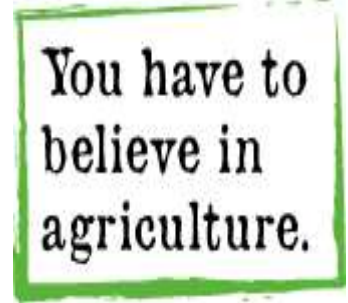
- ◆ *The obstacle for fishing is an aging workforce.*
- ◆ *The average age for a fisherman is 50-60, the young people are not getting into the industry. They are all going out West.*

Hutton's response:

- ◆ *The obstacle for us is labour – it is an economic situation.*
- ◆ *We find that people want to connect with food providers, we have a society that wants to re-connect.*
- ◆ *I find this revived interest very surprising sometimes, for instance, people will put their family in their SUV and drive into the country for the opportunity to pick their own apples at 60 cents per lb (it isn't about saving money).*

Kidston's response:

- ◆ *I would consider obstacles as opportunities.*
- ◆ *We have an opportunity to tie food with health.*
- ◆ *We would like everyone, especially the Minister, to be a real champion for local food.*
- ◆ *More specialization and fewer commodities. We need to develop more niche markets.*
- ◆ *Re: connecting with the land... At Blueberry Acres U-Pick we used to get 500 people a week, now we get up to 500 people per day.*
- ◆ *We need to place an emphasis on more technology – technology will allow us to produce food with less use of the land. It's hard to sustain processing plants in Nova Scotia, we need increased demand.*



Q. To panel from Patricia Bishop:

This all felt way too positive... and for me and my husband things are fairly positive...I want to be positive...but things are not positive for the future of farmers and planting of crops. Is the food system working? It needs more than a repair but an overhaul! For us, the Taproot CSA makes carrying on possible, but the larger operation is still struggling.

My question would be, "Does the CONSUMER know what the consumer wants? The general population doesn't care about quality or buying local, if they did we wouldn't be here having this conversation.

A large percentage of the population cannot afford food...what do we do to help them?

Stewart's response:

- ◆ *Supply management and direct marketing is making a difference.*
- ◆ *North Americans need to put at least as much effort and time into selecting food as selecting a car.*

Q. to panel from Dr. Edith Callaghan:

I am a self-described eco-geek and concerned about plastic. Over-packaging at mainstream markets versus farmers' markets, what are the challenges in packaging?

Hutton's response:

- ◆ *We all hate and love plastic. Plastic gives the perception of better if the product is in plastic.*
- ◆ *And, when we attempt to reuse plastic packaging, our customers perceive it as dirty and old.*
- ◆ *I spend \$8000 per year on plastic packaging.*
- ◆ *Plastic is [unfortunately] part of my chemical free farming. To reduce the amount of chemical I place on a particular crop, I cover it with plastic. By the end of the growing season, that plastic is no longer useable.*

Q. to Panel: Do the land-based operators see water as a challenge?

Kidston's response:

- ◆ *Water is a major issue, it is serious.*
- ◆ *Out of the basic needs of food, shelter, water....water is the most important.'*
- ◆ *Water is a challenge for the future. The industry evolves. Water needs to be included here.*
- ◆ *We need safe water (nitrates in the water are a problem) and control of water for food production. Therefore, irrigation is a concern.*
- ◆ *In a northern climate we are challenged to produce within the few months we have. Water and heat will allow us to add to the shoulder season for food production.*

Hutton's response:

- ◆ *Water quality is an issue. My farm has gone for 25 years without irrigation equipment. I couldn't afford to do it... I'm lucky to have clay-heavy soil, but some years, I get a lousy crop.*

Van de Riet's response:

- ◆ *The challenge is water usage permits.*
- ◆ *As farmers we have a responsibility to do whatever we can to ensure water supply is protected and adopt best practices [accordingly].*

Q. to Panel:

Moving away from the economic concerns that have so far been the main concern of this conference, can't CSAs and ground-level environmentalism solve a lot of these problems such as cost to the consumer, awareness, plastic packaging? How do you see the role of CSA's in the future food system?

Van de Riet's response:

- ◆ *People have to do their own part and grow a garden.*

Hutton's response:

We cannot do a CSA. In Halifax, we have six hours to sell a produce that has been growing for a week, and its possible to be too busy, too successful, so my table gets too crowded

- ◆ *CSAs have a huge future, because this will decrease demand at his farmers' market table*
- ◆ *When we started our farm, I could not afford to buy the supplies needed and my mother suggested "Hutton Bucks" as a way to raise capital. It was a way for the community to invest in the longevity of my farm.*

Kidston's response:

- ◆ *I support CSAs but do not do them.*
- ◆ *CSAs are a great way to diversify your market, and the more methods of marketing the better.*

Q. to Panel:

Regarding the disappearance of livestock farms: Like most beef farmers, I have another occupation. "We're down to 700 beef farmers (from 1400) since BSE hit. Government has a role to play in an industry that is controlled by large corporations because prices shift around and encourage monopoly in the meat market. The government encourages a situation where large corporations can handle the costs of packaging and

marketing, but small scale producers cannot. Do you see a role for government in the setting of commodity prices?

Hutton's response:

- ◆ *Hog producers started the local food movement.*
- ◆ *I have no firsthand knowledge of meat production. However, I think the problem started with consolidation of the meat processing and retail industry.*
- ◆ *Government needs to put a halt to that or else other commodities will fall too.*

Kidston's response:

- ◆ *"I am an ex-hog producer... we tried to keep going but couldn't turn a profit." I got out of the industry because I was losing money. We used to make money.*
- ◆ *My father used to recount how others would ask him "how can you work with hogs when the smell is so bad?" and he would say, "the money smells good."*
- ◆ *I too see consolidation as the cause. What caused Canada to become a net exporter of hogs (similarly with potatoes)? Over supply caused the problem – dropping the price caused the problem.*
- ◆ *Government has a real way of screwing-up production, encouraging one thing which creates overproduction which causes the market to drop.*
- ◆ *Benevolent intentions have unintended consequences.*

Q. to Panel:

Commodity farming feeds a lot of people. The Dairy Milk Board of Nova Scotia controls production; provincial and federal inspections force the sale of milk at Markets. How can we balance it? How do we have the flexibility to allow for artisanal farming as well as high throughput? How can the regulatory process serve a broader range of farmers?

Hutton's response:

- ◆ *Removing quotas with dairy industry would change everything and we need that dairy system. There is a growing interest in unique ways of production (such as un-homogenized milk) that will change the market but opposition is not loud enough yet. [These unique ways of production] will unfold in specialty markets, but it will take time.*

Q. to Panel:

Can you speak about human resources and foreign workers on the farm (for example, programs, relationships, etc.)?

Van de Riet's response:

- ◆ *On our farm, it is just family, and sibling rivalry is our biggest problem. We do employ outside labour when we are doing the hay.*

Robicheau's response:

- ◆ *For us, it is just family plus 12 local employees at the plant. Competing with Chinese labour makes it hard to profit.*
- ◆ *Our workforce is aging, our workers are 50-60 years old and there are no young people coming in.*

Hutton's response:

- ◆ *Our farm is just family and some locals along with support with seasonal labour.*
- ◆ *Human resources haven't been an issue for me, but in general it is an issue.*

Kidston's response:

If a farmer gets paid enough for a product, everything else will fall into place.

- ◆ *We use a lot of labour.*
- ◆ *We used to think the farm was an equipment farm but it isn't, we are a people farm.*
- ◆ *Immigration issues need to be changed. We need skilled labour and more training.*
- ◆ *If a farmer gets paid enough for a product, everything else will fall into place.*

October Flavours Tasting Dinner

Keynote speakers:

Honourable Scott Brison, Member of Parliament for Kings-Hants; **Dr. Ralph Martin**, Director, Organic Agriculture Centre of Canada and Professor, Department of Plant and Animal Sciences, Nova Scotia Agricultural College; **Minister Ramona Jennex**, MLA for Kings South, Minister of Service Nova Scotia and Municipal Relations; Immigration and EMO and **Lil MacPherson**, Founder of the Wooden Monkey Restaurant and Chair of BALLE-NS.

Dr. Ralph Martin announced the Spirit Nova Scotia Local Food Fund that will place money into a variety of initiatives that will strengthen our local food systems and ultimately our ability to feed ourselves. This fund will fill a significant void by providing grants to local initiatives that increase local capacity.

Dr. Martin presented the 2009 Nova Scotia Local Food Awards co-sponsored by Spirit Nova Scotia and Select Nova Scotia. The award baskets were provided by Taste of Nova Scotia. The awards are divided into three categories: (1) non-profit (2) producers and (3) business. The recipient for the non-profit Spirit Award was **Voices Antigonish** of Antigonish, NS, the recipient of the producers Spirit Award was **Oulton's Family Farm** of Windsor, NS and the recipient of the business Spirit Award was **Chef Michael Howell** of Tempest Restaurant in Wolfville.

Honourable Scott Brison came home specifically to offer his support for the Summit and the important work it represents. He is here not only as a politician but as a citizen of Nova Scotia and he is committing to work in support of local food and its farmers and his community. He recognizes the challenges that agriculture faces and the importance of having groups such as Women's Institutes and Friends of Agriculture working to make a difference – there are increasing opportunities for local food and farmers.

- ◆ Prime agricultural land must be protected but at the same time farmers must be able to get a fair price for that land – in many cases it is their only asset. What is the role of the federal government working together with provincial and municipal governments to find solutions around land banking?
- ◆ We need to avoid polemics and polarizing people around the issues. Key to the success of this ongoing debate will be mutual respect and a constructive tone.
- ◆ What is the role of science in agriculture? What's the role of Acadia, the Research Station? How can we insure continued investment in agricultural research? The Obama government is investing massively and we must do likewise.
- ◆ How to engage urban Canada? Since there are more MPs representing urban constituencies, the job of rural MPs is to make the case that a strong agriculture policy affects the food security of rural and urban – of all Canadians.
- ◆ When urban people hear the phrase "agricultural policy" their eyes glaze over, but when you talk about "food policy" and "food security," everyone's interested. That's why Dr. Carolyn Bennett and Wayne Easter have been working to engage urban Canadians. One of the benefits of farmers' markets is the bringing together of rural and urban.
- ◆ These are the questions we need to be asking and you're creating the space for those questions and that dialogue. You're being great citizens and great leaders and I look forward to working with you.
- ◆ Brison added that he too has become a farmer – he's planted 74 apple trees.

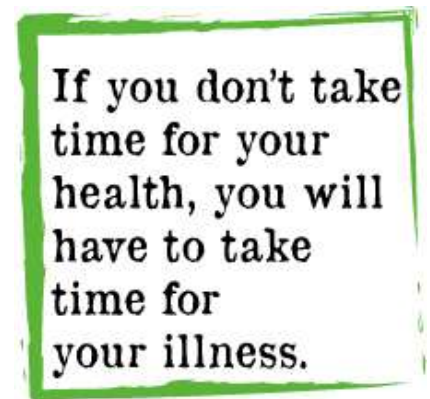
Minister Ramona Jennex spoke on behalf of Premier Darrell Dexter. She applauded the organizers for bringing together people from all aspects of food and agriculture to address the challenges and opportunities for food.

- ◆ What role does food play in your life? Food is fuel but has a lot of layers; food for comfort, as a reward, as an expression of status. But food can bring us together; as a connector, as a social bond.
- ◆ We live in a culture obsessed by food: too much or too little, but this Food Summit is tackling a number of difficult and significant questions and our government looks forward to hearing the outcomes of the deliberations that will take place here.
- ◆ The information gained from this event will help our Government determine how to move forward.
- ◆ Food security means different things to different people (UN definition).
- ◆ There are families in Nova Scotia that cannot meet food security needs. This government is committed to developing and working towards sound policies and practices around food security.
- ◆ Food security means breaking the cycle of poverty and improving the standard of living for all Nova Scotians.
- ◆ Poverty is about more than money alone. It is complex and requires long-term solutions that get at the root causes.
- ◆ Our government also recognizes the importance of agricultural research in developing innovative ideas and opportunities for the future. Today's research will provide tomorrow's knowledge and to a large extent will determine the profitability and sustainability of agriculture.
- ◆ We will work with all stakeholders to make Nova Scotia a better place to live, work, raise a family, and run a business.
- ◆ Nova Scotia has some of the most magnificent and vibrant rural communities in this country. Our network of farmers' markets plays an important role in creating a healthier environment, healthier communities, and healthier families.
- ◆ The NS Department of Agriculture is growing the direct marketing sector through the Direct Marketing Community Development Trust. To date five projects have been funded throughout the Province with more funding to be distributed in the near future.
- ◆ Farmers' markets are not just about food. They are also about community. Money spent in a local market stays in the community and provides jobs.
- ◆ Just as going to farmers' markets presents new opportunities to talk to each other, share our stories, ask questions, and learn more about our food, events like this Food Summit are important gathering places. The outcomes of events like this can contribute to policy solutions.
- ◆ I want to be very clear: this Government is very sincere about incorporating the voice of Nova Scotians into the decisions that will affect the people of this Province.
- ◆ Through collaboration and consultation we will continue to make our rural communities even stronger in the future.
- ◆ I want to say that I really appreciate being here, I'm honoured to be here, and I appreciate the conversations and discussions coming from the panellists today.
- ◆ In one of the very first conversations I had with Linda Best, she made the comment that we need to be looking at things through a "food lens", and that has framed many of the questions and connections that I've made here today.
 - ▶ What price has Nova Scotia been paying for cheap food?
 - ▶ How do we make the shifts that are needed to facilitate a robust industry for our farmers?
 - ▶ How well does the consumer understand the food system?
- ◆ We have to make sure our practices match our commitment.
- ◆ We need to give Nova Scotian food the respect it deserves.
- ◆ We need to move from the disconnection that people have from their food choices.

- ◆ I look forward to hearing all the ideas and questions coming from the Summit so that my action as a member of Government is informed.
- ◆ Our Government is listening.

Lil MacPherson is the Founder and Co-owner of The Wooden Monkey, the Chair of BALLE – NS and she is a “Local Food Livewire”.

- ◆ Food has been my whole life - it is such a huge subject.
- ◆ I believe there is a new level of consciousness on the planet now and I believe it is in this room.
- ◆ The green shift – the green tsunami – has begun. I’ve trained with Al Gore and that raises awareness!
- ◆ We can no longer hide from climate change – we have to face problems as a Province – we can’t change the world but we can change Nova Scotia – and by doing that we are changing the world.
- ◆ My “ah-ha moment” came with hurricane Juan – September 29, 2003. I started thinking about our situation – our energy, our water, but mostly our food.
- ◆ I began to think about the fact that we’re almost an island, and with the climate changing, I wondered how we would survive if we had to stand alone for awhile. What if all the borders were closed in Nova Scotia? How ready are we for any kind of disruption – especially of our food supply?
- ◆ Our food systems are focused on imported food. How long could we feed Nova Scotia? What is our food storage for the winter months? How strong would we be with no trains and planes and Sysco trucks coming in?
- ◆ We don’t have a great local food system – it’s small and shrinking.
- ◆ Most meat comes from US Cargill in Alberta. Massive intensive farming is so big and so bad for the earth - soil, water, air, health.
- ◆ Agricultural systems have grown so big and have created a huge blind spot – there’s an erosion of the nutritional quality of our food.
- ◆ One of the biggest mistakes was taking cattle off green grass.
- ◆ Omega 3 may be the single greatest nutrient missing from our diet. A nutrient needed for our brains. Real food and buying local will help save our health care system. Don’t stop with buying local food but buy everything local.
- ◆ I look forward to a time when we as a province are asked, “Do you need help?” And, we can say, “Nope, do you?”
- ◆ This is our time; we have to do this. If you don’t take time for your health, you will have to take time for your illness.



Day Two: October 19, 2009

Panel – Food Ideas and Issues

Moderated by Marianne Gates

Keynote speakers: **Don Black**, Coordinator, Farmers’ Markets of NS; **Kim Strickland**, Manager of Gaspereau Vinyards; and **Angela Patterson**, Angelhoeve Organic and Chair of the Organic Council of NS.

Don Black said that he isn’t an expert, but is an administrator and facilitator who coordinates the efforts of producers to build and operate markets. Don Black’s presentation included the following points about moving from issues and ideas to action:

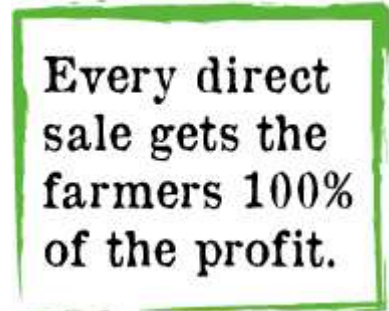
- ◆ The first issue: In order for any of the benefits of local food to be extended to more people, food production for sale in the province has to be increased. In order for production to increase, distributing,

marketing and sales channels must be in place. This infrastructure is emerging, but it is still only partially in place.

- ◆ The second issue: time factor - we need to have a reasonable sense of urgency around issues of climate change, the end of easy oil, general economic instability, growing global population, existing global food crisis, and the looming crisis around fresh water supplies.

So if these two issues add up to the need to ramp up our own food supply, what are the ideas that the NS Farmers' Markets Cooperative has?

- First idea:
 - ▶ A local food economy is emerging
 - ▶ Cooperative relationships are emerging across a wide range of areas – food production, storage, processing, wholesale, transportation, retail, food-processing, hospitality, tourism, marketing, waste-management, alternative energy, quality control.
 - ▶ “The local food economy is not just about growing food,” it’s much larger than that.
 - ▶ One of the most significant aspects of the local food economy is that it directly involves the consumers. Our customers are not the object of this economy - they are the driving force for the local food economy. Customers generate the best public advertising.
 - ▶ The basic unit of this economy is a local distribution system centred in a town or village with some form of local food retail outlet supplied by producers within a 60 - 80k radius of that centre - this is the most energy-efficient way of getting food from all the producers to all the consumers in that foodshed.
 - ▶ From these centres we see supply lines radiating outwards to connect with sources of goods not produced within the foodshed.
- ◆ Second idea:
 - ▶ We must address these issues in terms of the whole system - supply network management systems.
 - ▶ “No one can afford to produce anything for long unless there is a market for them.”
- ◆ Third idea:
 - ▶ An observation: Direct sale by itself won’t get us to 40% local food and very seldom accounts for the full income of any farmer
 - ▶ But – direct sale is one area where demand is leading supply and it is the catalyst for the development of a local and sustainable food system.
 - ▶ Direct sale is a beginning for many new farmers.
 - ▶ Every direct sale dollar gets the farmers 100% of the customer’s dollar, and those are green dollars that are ploughed right back into the community.
 - ▶ Producers sell at farmers’ markets because they’re getting a fair retail price for their product and the service.
 - ▶ Direct-to-retail sale to local food sales points like health food stores, Co-op Stores, any sale that does not involve warehousing or further distribution, is becoming an increasingly significant direct-sale channel.
- ◆ Fourth idea: cooperatives – local producer ownership end-to-end from production to retail sales are coordinating the efforts to strengthen the local food economy and sustainable economies.
 - ▶ “From Apples to Oysters” – Margaret Webb, describes how one beef farmer inspired a whole group of farmers to raise organic beef, working cooperatively to grow, process, market and sell their beef. There is now a group of organic grain producers working with them.



**Every direct
sale gets the
farmers 100%
of the profit.**

- ▶ Cooperating, connecting, coordinating – forges new links in the local supply network.
- ▶ At every step of the way the process creates new employment
- Finally:
 - ▶ The local food movement is a bottom-up response from civil society – ordinary people in Nova Scotia working through their own voluntary organizations to address poverty and malnutrition in our province, loss and damage to land and environment, being sold unhealthy cheap food, at the expense of environments and workers in other countries
 - ▶ As Nova Scotians we honour and respect our heritage – what this place has given us, what previous generations built and left for us to inherit including a quality of life that for most of the world’s population is beyond imagining.
 - ▶ “What will we do with our inheritance?” Will we take on the challenge of making Nova Scotia a destination for outstanding local food and drink? Will we increase employment and health, reduce our carbon footprint by stimulating the local economy, agriculture in particular?
 - ▶ We need deep affection for one another, respect for one another - it is hard, everybody is struggling, no one has enough time - let’s take care of each other as we go.

Angela Patterson is a committed organic farmer and struggles with the divide between people who support organics and those who do not. Angela Patterson’s presentation included the following points:

- ◆ “Organic production in Nova Scotia can be taken from Niche to Mainstream”
- ◆ Organics is not only about not using pesticides, synthetic fertilizer, etc.... it’s about a using a holistic system which cannot be reduced to its component parts.
- ◆ Organic systems are closely managed and components are chosen with respect to how they’ll best work together.
- ◆ It’s based on polyculture – multiple crops and biodiversity, and all organic practices are closely regulated, whether crops or livestock in terms of its feed, housing, breed, and so on.
- ◆ The earthworm is the most important critter on any farm, whether the farm produces veggies, grain, or livestock. The worm is number one because they are the most important means for nurturing the soil to produce healthy crops for animals and for ourselves.
- ◆ Why do farmers farm organically?
 - ▶ It stems from a deep concern for treating the land and creatures well without reliance on genetically modified seeds, chemicals and high energy input.
 - ▶ As the fastest growing sector in Canada, it is an opportunity for farmers and producers.
- ◆ The sale of organics has increased at a rate of 20% a year.
- ◆ There’s been a 50% increase in certified organic farms in a five year period
- ◆ Wheat and grain are the biggest organic export crops
- ◆ In 2006, there were 3555 organically certified farms in Canada and Nova Scotia has the greatest number of new entrants in the last five years.
- ◆ In NS there are close to 100 farms either certified or in transition, mostly small to medium..
- ◆ Most have been fruit, vegetable and herbs. However, we are seeing some dairy along with two pork and two sheep farms.
- ◆ 99% of organic producers sell directly to the consumer; 98% of organic producers sell at farmers’ markets.
- ◆ The general retail of organics in Nova Scotia is not as successful.
- ◆ The Organic Council of Nova Scotia (OCNS) was created to close the gap between producers, working with producers to clarify for consumers what organics means.
- ◆ Issues facing the organic sector:

- ▶ Organics has become a catchall term, which is confusing for consumers who want to know more about organic.
- ▶ Genetically modified crops.
- ▶ Biosolids: land treated with biosolids cannot be certified organic
- ▶ Peak oil.
- ▶ A shift in thinking is needed from “how do I kill the pest?” to “how do I balance the soil?”
- ◆ Can organic farming feed the world?
 - ▶ It did for 11,000 years. We should return to the gold standard - the past 50 years are the exception, we’ve got to bring the past into the future.

Kim Strickland is the manager of Gaspereau Vinyards and comes from a multi-generational farm family in NS.

- ◆ I am the 10th generation of a family of farmers.
- ◆ Growing up both in Ontario and in Nova Scotia there was nothing so wonderful as being able to touch and smell and eat fresh fruit and vegetables from the farms; the foods in these markets and our local markets did not travel thousands of miles to get there.
- ◆ But now this experience is at risk. If we don’t do something we could lose everything.
- ◆ When Linda asked me to speak, I said, I’m in the grape industry, I’m not a conventional farmer. She said, “you get it, you understand what’s happening to farming”.
- ◆ My grandfather had 11 children and not one of them is a farmer now. Most of those farms are gone.
- ◆ Farmers are having trouble making ends meet and many are thinking of selling off land.
- ◆ We need to protect our farms and our farmland - we can’t allow this to happen, we have to save our farms and farmland and our processing facilities.
- ◆ We are a society looking for instant gratification. It is easier to buy fast food than it is to plan a meal using local food.
- ◆ We have to teach people how to cook the 20-minute meals again - it’s not that hard to do – I have four freezers and it just takes a little bit of planning.
 - One year a friend’s pea-field had a second crop, they told everyone they knew, including the food banks, but no-one came.”
- ◆ For farmers, you have to look at planning and promoting yourselves. The local farmers’ markets are now doing demo weekends. You, the farmers, are taking the time to teach people what to do with the food.
- ◆ Tell people about your successes, people need to hear positive stories.
- ◆ Producers have to brand themselves and make farming “cool”.
- ◆ We have to educate the public.
- ◆ At Gaspereau Vinyards we sell out of our wines because we teach how to pair food with wine – we increased sales from 1500 cases to 6500 cases.
- ◆ Our wine is in most wine stores and restaurants and that’s because our customers ask for it.
- ◆ Drive the market from the bottom-up - if you can’t get Sobeys to buy from you, ask your customers to go to Sobeys and say, “carry the food I want”.
- ◆ More agri-tourism, more open farm days, more food festivals!

Panel and Discussion – Food Security

Moderated by **Darren Leyte**

Keynote speakers: **Dr. Patty Williams**, Canada Research Chair in Food Security and Policy Change, Mount Saint Vincent University; **Marla MacLeod**, Ecology Action Centre; and **Debbie Reimer**, Executive Director of the Annapolis Valley/Hants Community Action Program for Children (Kids Action Program).

Darren Leyte began this session with definitions of food insecurity and food security, affirming to the audience that food security impacts health overall, and in particular chronic disease.

- ◆ Food Insecurity: when people lack physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy life (FAO, 1996)

- ◆ Food Security: when all people, at all times, have access to nutritious, safe, personally acceptable and culturally appropriate foods that are produced, procured and distributed in ways that are sustainable, environmentally sound and socially just (adapted from Fairholm, 1999).

- ◆ A healthy community is harmed by food insecurity. Even a small number of food insecure impacts the whole community. The current food system is not environmentally sustainable. Local farms add significantly to the local economy. Nova Scotia at 15% has a significantly high rate of food insecurity compared to the rest of the country at 9.2%, with Aboriginal households at 30% and lone-parent households at 50%.

Dr. Patty Williams' work focuses on opportunities for dialogue around the access to affordable food, rather than on the production and supply of food.

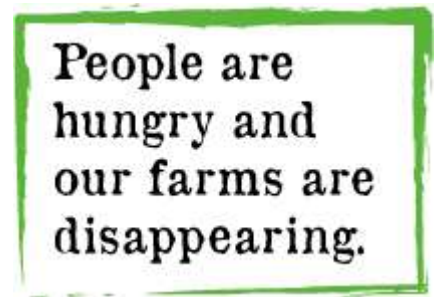
- My focus is on access to food, and I study this theme through participatory research.
- Food costing is one tool used to track the cost of a basic nutritious diet and how affordable it is for vulnerable populations. Our core partner is the Community Action Program for Children and the Canada Pre-Natal Nutrition Program. We work with Family Resource Centres on the challenges they face on a daily basis.
- When costing, we work with grocery stores, District Health Authorities, government departments and many other partners. We do have a local food component as well.
- We collect the evidence and determine how to share the data to influence policy through workshops for evaluation and capacity-building.
- In 2006 Health Promotion and Protection provided funding for ongoing support to continue our research.
- The average cost of the basic nutritious diet has increased by \$100 between 2002 and 2008 from \$572 to \$673. Can households in Nova Scotia afford a basic nutritious diet?
 - ▶ For a lone mother earning minimum wage with three children, after basic monthly expenses are met she has \$108 left for food – relative to the food basket she has a deficit of \$497 per month.
 - ▶ These figures are based on conservative estimates of monthly allowance (for example, no money spent on leisure, education, culture)
 - ▶ It would be wonderful for them to get local organic food but even the basic nutritious diet is completely out of reach so there's a huge disconnect.
 - ▶ All Nova Scotians need the opportunity to earn an adequate living wage and to have the necessary income support
- ◆ We collect this data to help people think critically about food - increasing dialogue.
- ◆ How do we get out of the food bank model? How do we get out of the model of short-term relief? How do we influence policy change to get at the root cause of some of these issues?
- ◆ We have developed tools such as the booklets:
 - ▶ "Thought About Food" to start dialogues for anyone who wants to learn, to raise awareness of food insecurity.

**How do we
get out of the
food bank
model?**

- ▶ “Healthy Eating Nova Scotia” developed by a wide range of partners focusing on breastfeeding—the ultimate source of food security—children, youth, fruit and vegetable consumption, and food security [is directed to policy-makers].
- Province has a new health disparities coordinator
- Provincial poverty reduction strategy has the potential to make changes
- Food Security Network has overarching strategy to address food security, access and sustainability issues

Marla MacLeod is the Food Miles Project Coordinator at the Ecology Action Centre and together with Jen Scott they run the Food Miles project which is a joint initiative of EAC and the NS Federation of Agriculture.

- ◆ We are looking at the social, environmental and economic benefits of a more localized food system.
- ◆ Food Security is about access and sustainability. These are often pitted as two opposing sides, but at the Ecology Action Centre we are trying to bring them together—there’s no need to pit farmers against consumers.
- ◆ What are the key issues and how can we build connections between the sectors?
- ◆ The Food Miles project sits within the Food Action committee at EAC
- ◆ Overall vision of Food Miles is to improve farm viability – a healthy and robust food and farm system, to maintain a healthy environment, and to increase the understanding of the benefits of local food.
 - ▶ Food and farming are in a crisis situation
 - ▶ But there are opportunities – interest in local is growing
- ◆ First issue: environmental impact:
 - ▶ Transportation, processing, packaging, waste management
 - ▶ How far does food travel?
 - ▶ Studies are showing that the average distance for food going from farm to plate is 2400 to 4500 kilometres.
 - ▶ How do we make a system that’s more sustainable?
- ◆ Second issue: economic impact:
 - ▶ Net farm income is a downward trend and debt is going up for farmers.
 - ▶ The percentage of every dollar spent on food going to the farmer is decreasing. In 1991, farmers got \$0.10 for every \$1 spent on food; in 2008, farmers that had decreased to \$0.07.
 - ▶ Not surprisingly we are losing our farms and farmers and losing farmland.
 - ▶ Nova Scotia’s self-reliance even on the foods we grow here is declining.
- ◆ Where do we go from here?
 - ▶ We see a lot of interest and fear. How do we build the connections across sectors?
 - ▶ It’s time to build unconventional alliances: environmentalists + farmers + nutritionists + social workers + politicians + city planners and so on. There is space for everyone in this discussion.
 - ▶ In my own experience with nursing students who came to intern at the Ecology Action Centre, we initially had a hard time trying to figure out what we could have them do.
 - ▶ “People asked: ‘what’s the connection between local food and nursing?’ and I wasn’t sure at first. But then we organized a local food cooking class together with Mount Saint Vincent and it was a tremendous success—it filled up in 24 hours!”
 - ▶ Recently one of the nurses emailed me from Bridgewater to tell me that she is working in Mental Health and has helped with a garden at her apartment building and has connected with the



People are hungry and our farms are disappearing.

community through food and health and through the organizing of a Community Christmas Dinner.”

- ◆ I invite you all to join in discussion – everyone has something to contribute
- ◆ We invite you to participate in the food security network – we’d like for more people to be actively involved – please check out our website NSFoodSecurity.org

Debbie Reimer understands food insecurity first hand. As a single mother in University, Reimer needed assistance feeding her children and often went without a meal to guarantee her children had enough food. Reimer is the Executive Director for the Kids Action Program.

- ◆ At the Kids Action Program, I work with families facing multiple barriers—especially income.
- ◆ The experience of food insecurity among women in NS – research with MSVU.
- ◆ We organized 8 story-sharing workshops with 54 women from 10 family resource centres in order to get a picture of the experience of food insecurity for women in Nova Scotia.
- The consensus among low-income women is that food security is an unattainable goal - inadequate resources and lack of a supportive environment.
- I know producers aren’t making enough but I’m talking about the people who can’t afford to eat – and sometimes that includes farmers.
- I’m not implying that food should be cheaper, because I know that farmers are low-income too... somehow we need to solve this problem so that everybody wins.
- Women talked about feeling “judged”
- In reference to an earlier comment about a farmer who was opening their garden to anyone who wanted to come and pick their peas, this is good, BUT many low-income families face the barrier of transportation and childcare.
- Organizational policies and practices like minimum wage and income assistance - there are a lot of misconceptions around how much people get – people get about \$208 per month for all personal items – and that’s only for adults, children aren’t even considered, they’re only considered in the amount given for rent.
- It is a struggle to get nutritious food, even when you’d prefer local food you don’t have the option of going to several places
- Public transportation often doesn’t get you where you need to go to take advantage of these opportunities
- Food insecurity is stressful and it impacts mental health.
- Women often compromise their own health so their children can eat.
- “Speaking from personal experience having been a single mother on social assistance... *that* was food insecurity... while in University I went without eating so that my kids could and now I suffer from long term health problems as a result of this... at the time I didn’t know about the long-term implications of going without food.” (I paid for University tuition but I did get social assistance that allowed me to pay my rent).
- You have tremendous guilt around feeding your children.
- “We have to think about people not being able to eat”.
- Why and how in Nova Scotia can we allow this to happen - people are hungry and our farms are disappearing.
- Somehow we have to do something to stop that.



Q. to Panel (re: picking double-blossomed peas in a farmer’s field):

As a community we seem great at responding to instant crises, but not so good at long-term systematic crises. Could we not create an emergency-response picking team, to pick the extra peas or potatoes?

Reimer's Response:

- ◆ *A lot of the work for Kid Action is ground level. We do have the ability to provide transportation to a farm and the supports people need – the funding we have that allows us to do this must be continued – food is a component of ever one of our programs. When families come to our programs then get good, healthy, mostly local food. But you need to know when and where these opportunities arise. So, yes we do this sort of thing, it's funded, and we need that funding.*

Leyte's Comment:

- ◆ *There's the "second harvest" program for gleaners.*

Q. to Panel (re: building unconventional alliances)

When you are trying to connect the groups, these unconventional alliances, how can we make the links, for example between research and outreach?

Williams' Response:

- ◆ *We are learning as we go.*
- ◆ *When we did the food costing project, we knew we didn't want to use traditional means.*
- ◆ *We're using participatory research that involves many partners and is more meaningful.*
- ◆ *It's about a commitment from all partners and going outside your comfort zone.*
- ◆ *Policy is changing but there's still a long way to go.*
- ◆ *There's a grassroots movement now of people taking ownership and making commitments – what's needed is the commitment of all partners.*

Q. to Panel

People on Income Assistance are penalized for working. What if there was a way we could allow these people to work seasonally on farms to supplement their income? At the same time they'd get local food and it would be helpful for farmers. Maybe a tax credit?

Reimer's Response:

- ◆ *That would make sense.*

Leyte' Response

- *When Minister Jennex spoke last evening she made a commitment to food security so write to your MLA*

Q. to Panel

What are the implications for appropriate outcomes when low-income persons don't usually have opportunity to attend forums such as this?

Leyte's Response:

- ◆ *We do have financial assistance and web-resources for that, but it is of course inadequate.*
- ◆ *We need to be making an effort always to bring all people into the conversation*

William's Response:

- ◆ *It is an important question that we need to have on our minds all the time when we have these discussions.*
- ◆ *People need to feel welcome and that they're not being judged.*
- ◆ *Participatory research aims to break down that barrier.*

Panel and Discussion – Food and Health

Moderated by **Michelle Murton**

Keynote speakers: **Dr. Sara Kirk**, Canada Research Chair in Health Research, Dalhousie University; **Chris Power**, CEO of Capital Health and **Barbara Anderson**, Director, School of Nutrition and Dietetics, Acadia University.

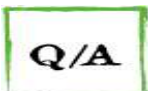
Moderator Michelle Murton opened the session by commenting that, in Lil MacPherson's words "Love and Fear" are powerful motivators for what we do and how we do it. Murton also referred to Linda Best's assertion that we are here as friends – these speak to the personal relationships we have with food and with one another. By working as friends we are working outside of our silos opening them up so we can work in different ways. Murton further pointed out that as friends, we can be blunt. She concluded by stating that we are here for a reason, and that we need to stop pussy-footing around the issues.

Murton asked the panellists to introduce themselves and to discuss why they were here today.

Chris Power began by reiterating key points from yesterday regarding the impact of dietary choices. When students from Citadel High were coming to eat the less-healthy food available in the QEII it was time to change – to turn off the deep-fryers. Power says that Capital Health recognized a need to take a leadership role and is making efforts to bring local food to the hospitals. They put a policy in place to work towards providing more and more healthy food. They also brought to the QEII a satellite farmers' market which has been great for the local community as well as staff. They are engaging the public in a way they never have before. Power stated that Capital Health is asking, "What can we do to help with food insecurity?"

Dr. Sara Kirk has a research group at Dalhousie that looks not just at the individual but the influences that direct choice, by using a socio-ecological approach to understand lifestyle factors that influence health status and health utilization. Dr. Kirk explained by way of example that as a dietician she would talk with people about making good choices and then they'd go out into an environment that presented them with completely opposite messages. The "environment" in which we live is very important in relation to health - for instance the constructed environment creates the need for driving versus walking and encourages us to eat more food than we need. Thorny issues: we have no problem as adults controlling the food environment of children, but we have a real problem if someone tries to interfere with our choice. The obesogenic environment that we currently live in is likely to increase our risk of chronic disease and the cost of treating chronic disease could bankrupt this province.

Barbara Anderson's background is in Public Health, she's been involved with the Food Security network for 10 years – working to help raise the profile of food insecurity. She is now at Acadia University in the School of Nutrition and Dietetics, and brings to that the broad community health lens, looking at the environment in which people make their choices, and asking, "What do we need to do collectively to get us there?" She continues to be engaged with the Food Security Network, and is seeking to engage Acadia in the things that we have to work on together. She expressed frustration with the way we tend to work in silos in our studies of food. There is amazing work happening, some of which we're hearing about here, but "How do we break down these silos and begin to go on the journey together?" Those individuals who have spent so much time organizing this Summit have gone a long way towards getting us to talk together. The important piece about community involvement is that we need to talk to people about how they want to be engaged. The Summit is one way people may or may not want to be engaged, and there are many other ways to have the necessary conversations. She is excited to be in a place where she can talk with future leaders in her Department and beyond at Acadia. These are people who can engage in community, do research and collect the evidence in order to move us forward and make a difference for individuals and for society by breaking down silos and working collaboratively.



Q. Moderator question to Panel: What have you learned through your work?

Kirk's Response:

- ◆ *I have come to appreciate a different definition of rural after coming from England where 60 million people live in an area about the size of NS.*
- ◆ *There are access issues around healthy food for Nova Scotians.*
- ◆ *I have also learned of the overwhelming power of the environment to undermine and/or facilitate our choices around healthy food*
- ◆ *We have a very complex system in terms of food – complex issues need complex solutions. We try to simplify things, but there aren't simple solutions. A paradigm shift is needed and we need to think and operate outside the usual silos.*

Power's Response:

- ◆ *In our world we meet people when they are at their most vulnerable stage in life. The pushback came as "why would you want to take away the comfort of food when people are at their most vulnerable?" Food does provide comfort for many of these people. This did prevent us for a long time from making changes.*
- ◆ *What we want to do is to provide a choice. Most people will make choices from what is in front of them. The choices we provide may not be what you want but what we offer.*
- ◆ *With 11 000 staff members, we have learned that many of our staff are themselves living in poverty, and there are many single parents. All seven of our Community Health Boards have identified poverty as an issue throughout all areas.*
- ◆ *Poverty is faceless to many of us. We need affordable healthy food choices.*

Anderson's Response:

- ◆ *Food is so emotional. We all eat so we think we have the wisdom to discuss it, but it's really very complex! All the pieces are necessary to get us to a better place.*
- ◆ *We need to be having the conversations that bring us to common ground – rather than putting a stake in the ground that keeps us from moving forward.*
- ◆ *I'm hoping the conversations that happen at the Summit bring us to the realization that we all need to row in the same direction.*
- ◆ *Thinking we know the answers keeps us from finding other innovative approaches. We are dealing with solutions, not one solution.*
- ◆ *Often, funders are looking for one question that will get you to one answer, but that isn't the case!*
- ◆ *This work takes extremely dedicated time; it can never be the flavour of the month. When you do this work you need to be in it for the long haul - this work is part of your soul and part of your being because you're dealing with people's lives. This is not just something to be studied*
- ◆ *One of the difficulties with innovation is that sometimes they don't work, so there's a fear of failure. This is about people's lives. A fear of mine is "what if we are doing harm?"*
- ◆ *We have to talk about it, we have to recognize we don't have all the answers, we have to step in and be there for the long haul.*

Q. Moderator question to Panel: Who really chooses? What are people's abilities to choose? Who's driving choice?

Power's Response:

- ◆ *Each of us as individuals can choose. I as an individual can make a choice.*
- ◆ *The environment to support the choices we make is critical, and that's a big part of our role as leaders.*

Dr. Kirk's Response:

- ◆ *I don't think we really have a great deal of choice around what we eat. We think we have but the food industry is the elephant in the room. And I think we have to deal with that at some point.*
- ◆ *The multi-nationals control what is available to us and at what price.*

- ◆ *Nutrient-poor, energy-dense food is incredibly cheap relative to healthy food. So I think our choices are very constrained and I think a lot of people are getting rich off of that.*

Anderson's Response:

- ◆ *We are uncovering some of the issues that are important – as we talk about them we gain insight.*
- ◆ *In community health, we look for policies that will provide the environment to make it easier for individuals to make healthy choices. Many people lack choice because they don't have the resources or necessary supports.*
- ◆ *What do we need to do differently from a policy perspective to improve the lives of Nova Scotians?*
- ◆ *That requires policy on many different levels – access, affordability, poverty, supporting local food supply,*
- ◆ *A wise person said, "We can judge a society by how that society treats its most vulnerable"... so how do you think we're doing?*

Q. Moderator question to Panel: Policy. What do you think about policy? Is it a potential lever to change some of these environments? Are there some caveats that come with it?

Anderson's Response:

- ◆ *Policy is one piece of the puzzle. There are multiple ways and policy direction is one of them.*
- ◆ *There are a number of groups that are working on policy and we all need to collaborate.*
- ◆ *We have a government that potentially is more aligned with the policy ideas that we would advance, so let's put that to the test.*

Power's Response:

- *It may not be so much the policy as the process that gets you there that will drive the change.*

Kirk's Response:

- *In the words of Tony Blair – we need a bit more joined-up thinking.*
- ◆ *We need to look at this across the continuum. Policy is part of the picture.*

Q. Moderator question to Panel:

What are those other things? You all talked about creating supportive environments. What are some of the policies and what are some of the actions?

Anderson's Response:

- *Engaging people is part of this. The panel earlier today had lots of great suggestions and Kim Strickland had lots of great ideas.*
- ◆ *There are great things happening such as opportunities for different types of farming.*
- ◆ *There are business and economic solutions that we need to consider.*
- ◆ *We need to have major conversations with industry because they're not going away and if we don't like their practices we need to engage them in finding solutions.*
- ◆ *It's not about turf – it's about finding the turf we can all share.*
- ◆ *There are so many great ideas out there amongst ourselves and we need to engage in a broader discussion about those ideas.*

Dr. Kirk's Response:

- *We need a top-down bottom-up approach here. There are a lot of things going on at the grass-roots – engaging people, mobilizing actions.*
- ◆ *We have enough people in this room to engage in these conversations and come up with solutions and I'm sure we can come up with some great ones.*

Power's Response:

- *It is about partnerships – we can't paint businesses as bad – we need to work together.*

Q. Moderator question to Panel: With the work you've been involved in what are some of your struggles as you move forward?

Power's Response:

- ◆ *I'm going to be crass and say "financial". We make millions of dollars from our retail Tim Horton's, which goes back to patient care.*
- ◆ *That's a hard choice, but our challenge is to come up with other ways to generate those funds.*
- ◆ *We are also struggling with "what constitutes healthy?" and how far do we go to one extreme or the other, do we do some things in moderation?*
- ◆ *Finding that balance will take time*

Kirk's Response:

- ◆ *Chris has identified one of the problems – the short- terms in which we often work. Most funding is for three years but the solutions are multi-generational.*
- ◆ *We look at solutions for the short-term and we're going to pay for this one way or another. We're facing the possibility of our children dying before we do: if nothing else shocks you that surely will.*
- ◆ *I applaud the difficult decisions being made at Capital Health – it's a model for what can happen when people put their mind to something.*
- ◆ *As researchers we know a huge amount of stuff but are really bad at putting it into practice - implementation and evaluation are issues.*
- ◆ *There's a lot of great work happening in Nova Scotia – it's quite an amazing Province and I'm so pleased to be living here. We do an awful lot with very little but we don't shout about it very loudly, and we should be celebrating some of the things we're achieving.*
- ◆ *If we all join forces imagine what we could achieve – out of the silos!*

Anderson's Response:

- ◆ *I'm struggling with the complexity. We enter into the work that we do assuming that there is an answer – so it's a struggle not to look for the easy way out.*
- ◆ *We absolutely must join forces with people who have very different ideas and practices.*
- ◆ *Non-traditional collaborations are absolutely the answer – and they take so much time.*
- ◆ *We've got to find the funding to get answers to big questions: the innovations that will bring us to the tipping point that will make Nova Scotia a better place to live and learn and work and play.*
- ◆ *It's frustrating not to have those answers but I'm working with great people who are equally concerned, so if we continue to have these discussions together we will do great things.*

Moderator Question to Audience: Please take the next ten minutes to have a discussion at your table: Did anything you heard surprise you? What stood out? What did you hear that might link to the work you're doing?

Q. From Audience to Panel:

Michelle Sutherland: We have five farmers' markets in the Tri-County area – they're not FMNS – how do we brand them without stepping on toes, there's so much going on, how do we coordinate the education, how do we break down silos? My dream is coordination of education – I bought a domain name – Local Food System.info – that could be used for education. What body exists to coordinate all this or can we start one?

Dr. Kirk's Response:

- ◆ *Events such as these help people to connect. Another resource is the Health Promotion Clearinghouse (HPC), an online resource with information about what is currently going on in health promotion in Nova Scotia.*

Q. From Audience to Panel:

Lori Stahlbrand: In Quebec they banned junk food advertising for children under the age of 12, Toronto is discussing it too. Has it been thought of in Nova Scotia?

Anderson's Response:

- ◆ *We have to decide where our priorities are and what will make the greatest difference. While I agree that advertising is important, for me right now it's absolutely crucial to figure out how we can save family farms, how to insure that local foods are available, and how to bring food security to the forefront.*
- ◆ *We need to put our energies where we know we're going to make a difference, and right now, what this Summit is all about is truly the direction that I think we need to move forward in.*

Dr. Kirk's Response:

- ◆ *It is another option. Children are sedentary, watching television; it is an option to be considered.*

Power's Response:

- ◆ *It needs to be one strategy on the list.*

Murton's Response:

- *In the Provincial school nutrition policy there is advertising around healthy food but foods that aren't healthy aren't allowed to be advertised.*

Q. From Heather Cosidetto to Chris Power:

Yesterday I heard that because local food doesn't meet the 5-5 risk analysis set by the Department of Agriculture local food actually can't be brought into the Hospital and that the farmers' market satellite had to be outside – it couldn't be brought into the hospital. I wondered if you could speak to that. The comment that came up at our table was that, recognizing the enormous pressure that senior administrators and government employees are under to protect public health and safety, it seems there's a contradiction with the goals you've stated here with regards to sourcing local food. Is it true that local food cannot be brought onto the premises? And if so, can you please tell us whether you can change those regulations so that local food can be served at Capital Health?

Power's Response:

- *In our contracts with our suppliers we have a clause that local foods will be purchased where possible but we don't directly buy from individual suppliers. We have a contract with a supplier here in the Valley - we use a lot of food and you are right, there are safety issues we have to take into account when sourcing that food.*

Comment from Greg Curwin:

I want to point out those blue government signs that advertise fast food and not local food choices - the one just down the road advertises six fast food places – this is something to think about. I am tired of talking about this problem, we have the evidence, we need to act. Municipalities are formed by 4 basic things: water, sewage, Tim Horton's, and fast food. Our chronic disease rates are off the charts, health costs are accelerating. There's lots of great discussion but we don't act – it's time we did.

We know we should eat fruit and vegetables and we should exercise but we need to act on that knowledge. It took us 20 years to get where we are from a disease point of view – are we at the point where we should go to the government and ask them to tax fast food and put those dollars into the local food system, or to put a moratorium on development of the fast food industry. Access is the issue, we need to limit access to fast food.

Q. From Audience to Panel:

Alex Redfield: I was hoping to get a comment on the second part of Heather's question – about the role that institutions might play in that challenge.

Anderson's Response:

- *I can tell you that I don't know how that will play out. It isn't for lack of interest on our part.*
- *Looking at food and health from that broad perspective it is an issue that needs to be dealt with but there are people who are much better able to address the issue than I am.*

Alex Redfield: In all of the discussions here today about “healthy food choices”, I am dismayed that I have not once heard mention of organics in the discussion about healthy choices. I would contend that a choice that does not include local and organic is not a healthy choice at all. I think that using the term healthy choice without using the terms local and organic is green-washing. I'd be upset if we didn't tackle that in the food and health discussion – could you talk about the long-term plan for how Capital Health might start to source local and organic, because that might start to address the causes of chronic diseases. And that would help support the farmers too.

Power's Response:

- ◆ *I appreciate your comments and I didn't mean to exclude the word “organic” from a definition of “healthy food”.*
- ◆ *We are relying on our expert panel to give us direction on where we should be going and how quickly. We are still in the early days and this is part of our conversation.*

Comment from Donna Crawford:

We've lost our appetite for anything that doesn't have sugar and oil in it. We need to regain the tastebuds of the nation. We have lost the ability to cook. We are falling down in teaching people how to cook. For example you can take a soup bone, with potatoes and root vegetables, and make enough soup to feed a whole family for a week – and it's healthy. Nobody wants to do that – they buy a can of salty Campbell's soup instead. We are falling down in teaching people how to use our local products in creative ways. Comfort food should be stuffed zucchini, not hamburger! Who can afford to cook the way Select NS is promoting? People aren't being taught how to cook on a budget.

Moderator Michelle Murton invited the panel to offer final words:

Anderson's Response:

- ◆ *There has been a lot of talk. We recognize education is not the only answer – even if we teach people to cook, if they can't access the healthy food it won't help. And when they have other things going on in their world that they're dealing with that's another component Access is a priority.*
- ◆ *For instance, with regards to dietetics, we need to reconnect students to food as a fundamental part of the curriculum – food skills, food ability, food sense – to make them better leaders.*

Kirk's Response:

- ◆ *I agree that we have done enough talking but it is not simple.*
- ◆ *We need complex solutions and many will come from outside the health system.*
- ◆ *Again, many people need to be involved.*

Power's Response:

- ◆ *We didn't get here overnight and we're not going to solve it overnight.*
- ◆ *This is huge and complex. How do we create affordable choices for consumers? The reality is some people won't make soup from a bone. So how do we create affordable, convenient, healthy food solutions?*
- ◆ *If this group with all their collective wisdom can't start to figure it out then shame on us if we are back here next year talking about the same things.*

Panel and Discussion – The Environment

Moderated by **Dr. Edith Callaghan**

Keynote speakers:

Dr. Richard Donald, Vice-President of Research at Nova Scotia Agricultural College; **Gary Lines**, Chief Atlantic Climate Change Meteorologist and **Lori Stahlbrand**, founder and President of Local Food Plus.

Dr. Richard Donald said that he would be speaking about agri-environmental indicators, but that he would speak briefly about NSAC. The tools that the Nova Scotia Agricultural College brings to the discussion about local food are teaching, research, extension and innovation. There are over 900 students at NSAC this year. Dr. Donald noted that it's a little-known fact that NSAC is the most research-intensive institution in Atlantic Canada. We do more research per-capita than any other, including Dalhousie. As well, AgraPoint is moving to NSAC, and last week a \$7 million investment in AgriTech Park was announced to help incubate new businesses. We now can coordinate and link businesses and education and research, and I'm pleased to be here at the Summit making those links.

- ◆ I'm going to talk about the environment and agri-environmental indicators. We could get embroiled in heated discussions about bio-solids and pesticides, the merits of organic and conventional but I want to have a wider discussion about the environment and agriculture.
- ◆ Environmental management and farming are not new to Nova Scotia.
- ◆ Since settlement by Europeans NS has been farmed for over 400 years, including on Acadian dykeland, and there's an Acadian millstone at Fort Anne.
- ◆ What's changed since 1605? The relationship between farming and the environment is not static, it's dynamic. Since 1605, agricultural practices have intensified, sometimes with significant effects – much broader interactions between agriculture and the environment.
- ◆ Increasing awareness of environmental impacts - new laws and regulations have come into being.
- ◆ Soil, water, air and biodiversity, erosion, carbon, salinity, trace metals, are affected by agriculture.
- ◆ Surface and ground water are affected by nitrogen, pesticides, and pathogens.
- ◆ Air is affected by greenhouse gases, particulates and odours.
- ◆ Agriculture affects wildlife habitat and biodiversity, may introduce invasive species.
- ◆ Nova Scotia has been a leader in the implementation of Environmental Farm Plans over the last 15 years, there have been numerous publications related to management, farmers follow nutrient management plans, and there's lots of agri-environmental research.
- ◆ About 75% of funding for research at NSAC is directed towards environmental issues.
- ◆ What will the future look like? There will be a demand for local food, hopefully more diversity in crops and products, a change of scale and focus in farming, and unfortunately with rising fuel costs, rising input costs.
- ◆ We need a much better set of agri-environmental indicators in order to manage and understand our effects both now and in the future.
- ◆ They are simple parameters that when tracked over time, provide information on trends – we cannot manage what we can't measure.
- ◆ Examples: concentration of nitrogen in ground water, methane emissions, woodland vs cultivated land, amount of organic matter in soil, and hundreds more.
- ◆ There are already existing programs out there such as: National Agri-Environmental Health Analysis and Reporting Program (1981-onward), Environmental Performance of Agriculture in OECD Countries (1990-onward), Jen Scott's Genuine Progress Index (GPI) Atlantic reports, and the 2009 NSFA Report Card on the Environmental Performance of the Agricultural Sector in Nova Scotia.
- ◆ We need to refine our own set of indicators.
 - ▶ Our farms are smaller than most of Canada's, and most are based on very different areas than ours.
 - ▶ We have a relatively diverse portfolio of crops and livestock.
 - ▶ We farm in close proximity to rivers and streams, more so than many farming regions.
 - ▶ We have highly variable topography and soil types - mix of farmlands, woodlands and wetlands.

- ▶ We farm in close proximity to small and large municipalities.
- ◆ Our indicators need to be easy to measure, repeatable and relevant to our climate and environment.
- ◆ We need to integrate these indicators with others – health, social and economic indicators – in the way that GPI is trying to do.
- ◆ We need to benchmark where we are right now, measure over time, interpret what the data are telling us so that we can manage – change practices and policies as necessary.

Gary Lines spoke about climate change from the point of view of adaptation and stressors for agriculture in NS. He said that while on vacation in Alberta in July of 2005, during which there was beautiful sunny weather that lasted all summer, he tuned in to the local weather channel, and heard the typical weather but then noticed scrolling text at the bottom of the screen broadcasting a 1-800-# which he assumed was more weather information. Instead, it was a suicide hotline geared towards farmers, because the suicide rate was skyrocketing as farmers were struggling to cope with the dry, hot weather. Adaptation - climate change cuts across the whole of society. Lines points out that this goes to show that as a society we are ill-prepared to deal with climate stressors. This was reactive adaptation.

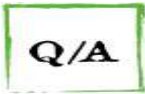
- ◆ In their 4th assessment, the Intergovernmental Panel on Climate Change (IPCC) concluded that “warming of the climate system is unequivocal”.
- ◆ It took 20 years for this group of 2000 scientists from 70 countries to come to consensus over the word “unequivocal”, and it is worth noting that for any scientist to use the word “unequivocal” is stunning.
- ◆ Statistically speaking:
 - ▶ Temperature, precipitation, extent of sea ice – all have changed over the time.
 - ▶ We have experienced 1/2°C per century warming, 1998 was the warmest year on record in Canada, but that record has been surpassed five times. Temperature is tending broadly upward.
 - ▶ Precipitation has increased in the Valley region over the past 50 years, but it is variable even within the Valley, locally and seasonally.
 - ▶ Adaptation to climate change crosses all social and economic strata.
- ◆ There’s really only one way to forecast climate change: We try to replicate what the climate has done with a computer model of the main forces, and run the model to answer the question “Where will greenhouse gases go?” over long periods of time. This is done over dozens of models world-wide.
- ◆ These span everything from low emissions scenarios – about 400, to high emission at about 1000 ppm.
- ◆ The scenarios give a range of where our climate is going. Low emissions will cause an average increase of about 1.8 C and high from 4 to 6 C.
- ◆ Since the last ice age 10,000 years ago we’ve warmed up by about 8 C. We could warm by that much in 100 years.
- ◆ It’s the rate that’s critical – especially with Arctic sea ice melt.
- ◆ By 2100, in Atlantic Canada we could see 4C warming of our average climate, and annual precipitation amounts that vary dramatically across the region, with Greenwood potentially having a 10% increase and Nappan may be decreasing by several percent.
- ◆ Looking at growing season – it may increase from 186 days to 213 – 237 days
- ◆ Is this good news? The bad news is that the increased precipitation is variable and unpredictable: dry when you need rain, wet when you don’t, or not in the amount you want.
- ◆ Increased climate temperature means increased frequency and intensity of extreme events.
- ◆ When the temperature increases it shifts the likelihood of extreme events upward and that means that, for example, a 40-years event with 70 mm by the end of the century becomes a 12-yr event.
- ◆ For agriculture adaptation will be required for water management, drainage and erosion controls, crop selections, soil management, control of new pests and weeds and strategies to deal with extreme events.

- ◆ There are also coastal threats from sea level rise that will affect dykeland, transportation and infrastructure.

Lori Stahlbrand spoke on “Growing Local Sustainable Food Systems: The LFP Approach”. Stahlbrand began her presentation by stating admitting that hearing the information Gary presented is disturbing. “What can we as individuals do?” Stahlbrand said that thinking about food and where it comes from, and purchasing locally sourced food makes a significant contribution and is something we all can do.

- ◆ One of the reasons I founded Local Food Plus was to make it easier for people to take action – to find local food.
- ◆ During the last few years the idea of local food has really taken off – people are learning why, finding out where food comes from, buying closer to home.
- ◆ Part of the reason food is cheap is that many of the costs are not factored in – costs that are born by the environment and the people who produce the food.
- ◆ The impact of peak oil, climate change and rising cost of food will affect everyone.
- ◆ There are many other benefits of keeping our money local, including supporting our farmers.
- ◆ However, one aspect that does concern me is that “local” has been imbued with many qualities it might not necessarily have (e.g. pesticide-free, environmentally-friendly, organic, humane, etc). “Local” simply describes where the food is grown.
- ◆ Studies have shown that about 14% of the energy used in the food system goes to transportation, so if we’re really serious about addressing greenhouse gas emissions, we have to do more than simply switch to local - we must use production methods that reduce reliance on fossil fuels to make synthetic fertilizers and pesticides. Better methods could reduce our greenhouse gas production by another 21%.
- ◆ If we also make changes in processing we could reduce another 10%. There are still major issues around refrigeration and freezing, but some of these can be addressed by moving beyond local to sustainable.
- ◆ “Local” and “sustainable” have to go together for the system ultimately to be sustainable – sustainably produced food that’s travelled a great distance is not sustainable either.
- ◆ The LFP label for NS reads “Certified Local Sustainable Nova Scotia”. That certifies that the food and drink is from NS and meets clear sustainable and social standards. We also have one for the Atlantic region, since supply chains go beyond the borders of the individual Provinces.
- ◆ We are now rolling out the Local Food Plus certification system in every province except Quebec, and we are certifying our first farms in NS this week.
- ◆ The LFP Mission is to scale-up local sustainable food systems by linking farmers and processors with local purchasers, especially institutional, but also restaurants, caterers – anyone buying food in quantity.
- ◆ We’ve developed production standards, with input from many stakeholders and crop specialists, for most every crop grown in Canada.
- ◆ Farmers and processors certified by LFP work to do the following:
 - ▶ To use a sustainable production system at the level of Stage II pest management if they aren’t already organic producers.
 - ◆ We’ve made this choice in order to have a big tent – organic has been growing a lot faster by demand than it has by supply, and more and more of the organic food available in Canada is coming from California – so in order to address this in a timely way while farmers move towards organic, we need to make available the best available local sustainable food. Also, some crops such as apples are difficult to grow organically.
 - ▶ To provide healthy and humane care for livestock.
 - ▶ To provide safe and fair working conditions for workers.
 - ▶ Protect and enhance wildlife and biodiversity.

- ▶ Reduce energy consumption and greenhouse gas emissions in their farm operations.
- ◆ LFP certification operates on a point system – every farm is different, there are a range of practices, they are not prescribed, farmers can choose from practices to add up to the points they need to receive our certification.
 - ▶ The farm must make a 75% or better score to be certified by Local Food Plus.
 - ▶ We use independent third-party certified organic inspectors who we train in our additional standards.
 - ▶ That information is sent to an external reviewer who makes the decision on certification.
- ◆ We recognize the efforts of farmers who are addressing additional environmental and social issues.
- ◆ In Ontario there are about 200 certified farmers providing a full range of foods (examples).
- ◆ We don't stop at certification, we also provide on-going support through supply-chain management and other resources to help farmers every step of the way.
- ◆ The LFP marketing program helps link farmers and processors to buyers in the institutional/food service, retail, and restaurant sectors and provides effective differentiation from imported and other local products in a crowded marketplace.
- ◆ Every day, three times a day, if you choose sustainable local food you're making choices that are good for you, your community, your economy and the environment.
- ◆ "Let's go the distance so our food doesn't have to".



Q. for Stahlbrand:

What kind of relationships have you developed with Provincial and Federal Departments of Agriculture?

Stahlbrand's Response:

- ◆ *We are just starting with the Federal Department but we have a great relationship with the Provincial Department of Agriculture and we are receiving some funding from them. Ontario has announced \$24 million in funding to help Provincial institutions transition to local food.*

Q. From Dave Ward for Dr. Donald:

Several of my colleagues have banded together and made water management a priority—it seems from what you're saying that you might concur...so do you think that is indeed the right focus? To have a water supply management plan? And would a water management chair be a good idea at the NSAC?

Dr. Donald's response:

- ◆ *Yes, water is a huge issue for agricultural production.*
- ◆ *We've identified water as an issue and are planning to hire a Canada research chair to deal specifically with water supply and pollution.*

Q. From Audience for Dr. Donald:

What kind of work is the NSAC doing in regard to greenhouses?

Dr. Donald's response:

- ◆ *There hasn't been a lot of emphasis in the past, but this is something we need to devote more time to.*

Follow-up:

- ◆ *We can't kid ourselves, if we want to have a sustainable local food system we need to beef up our greenhouse production. It would be really helpful if NSAC provided more research facilities.*

Dr. Donald's response:

- ◆ *We are in the process of building some new research greenhouses – this also ties into research into energy and GHG reduction.*

Q. From Audience to Stahlbrand:

A comment: There are some organic apple orchards in NS. Do you help deliver the food to institutions? What about the cost of the certification for farmers?

Stahlbrand's Response:

- ◆ *We make the connections, but we don't help with the delivery of foods – we don't distribute the food.*
- ◆ *With relation to the cost of the certification, we lose money - the cost to the farmer is presently \$100 year but our actual cost is between \$500 to \$750 – everyone benefits from local sustainable food so we raise money from Foundations and this summer established a charitable organization so that we can receive donations to support our work.*

Q. From Kate Graves to Stahlbrand:

Is there data for the reduction of emissions if institutions bought more local food? With regards to fossil fuel reduction, buying local and sustainable would help us reach the 350 PPM goal, would it not? My research shows that we need about 1000 new farmers trained every year to grow food for Nova Scotia.

Stahlbrand's Response:

- ◆ *Yes, it would help us move back towards 350 PPM. It would come from transportation. It is not a simple solution in that there's still a lot of work to be done to build a local sustainable food supply. The local supply chain has broken down over the last half century; the motivation will come because eaters want it. And as eaters demand, we need to grow supply – both need happen as required.*

Q. From Audience to Lines:

Can the cause of lost civilizations be attributed to dying soil? We can't make soil overnight. We've facing the demise of our soil. We are at crisis point with soil and with water.

Lines' Response:

- ◆ *Water is a huge challenge for agriculture as the environment changes.*

Q. From Stefan Morales for Lines:

First I want to comment that I'm glad to hear the connections being made between social and ecological and local as this is the key to sustainability. With respect to dyke lands and water, what are some ideas around adaptation with flooding in dyke lands and agriculture?

Lines' Response:

- ◆ *We need to think in terms of risk. You need to identify what you're vulnerable to, what the impact would be, identify value. What steps must be taken to mitigate that risk? There are some big choices that will have to be made over the next decade in terms of value of land and what should be protected. To bring dykeland risk and protection back to the idea behind the Summit, it's going to take a combined conversation around these issues.*

Panel and Discussion – Knowledge and Skills

Moderated by **Dr. Av Singh**, Organic and Rural Infrastructure Specialist, AgraPoint

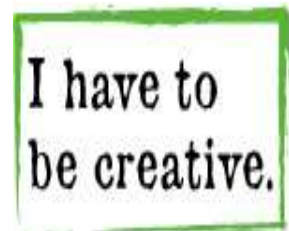
Keynote speakers: **Michelle Smith**, Organic Farmer, member of Seeds of Diversity and a Director of Inverness-Victoria Federation of Agriculture and **Dr. Ralph Martin**, Director, Organic Agriculture Centre of Canada and Professor, Department of Plant and Animal Sciences, Nova Scotia Agricultural College.

Moderator **Dr. Av Singh** spoke about the wisdom of the farmers such as Michelle Smith. When people ask how it happens that Truro has the Organic Agriculture Centre of Canada, he replies that it's because of one man – Ralph

Martin. What are the challenges and opportunities in terms of knowledge and skills that impact the local food movement? Dr. Singh pointed out that our present model of agriculture is academically driven, caters to large-scale agriculture and perpetuates the industrial-scale food complex at the expense of the small-scale farmer. This is the model not only of research but also of extension: it's academic-driven, and expert-based, top-down geared towards creating "expert" knowledge. Farmers have been dis-empowered in their own decision-making, so they are less and less inclined to make decisions without looking for so-called expertise. So the lack of individual and collective intuition among farmers creates a dependency on outside resources and a breaking down of community.

- ◆ We need to increase the farmer-to-farmer relationship.
- ◆ If we're going to change agriculture we're going to have to change the way we do agricultural education.
- ◆ More of that education has to be hands-on, experiential learning.
- ◆ At events like the 2nd Annual New Farmer's Gathering, information is shared that you'll no longer find in a University classroom.
- ◆ When raising livestock on pasture fell out of fashion 30 years ago, grass farmers would meet and do pasture walks to counteract that loss of knowledge and get people back on board...that is the model we should follow.
- ◆ The real meetings that generate real change are not in boardrooms; rather, they are in kitchens.
- ◆ We need more gatherings like this Summit; this is non-formal education, an opportunity for the exchange of ideas and knowledge.
- ◆ This is what we're going to have to do until educational institutions see the reasons for small-scale farming – we'll need gatherings, folk-schools, workshops, networking – for knowledge dissemination.
- ◆ Farmers sharing ideas with other farmers is transformative, and ideas get taken up more readily than if they come top-down from an expert.
- ◆ If we are ever to affect adaptation in the farming industry, we need to accept best practices of farmer-to-farmer skills.

Michelle Smith, a Cape Breton farmer, began her presentation by telling the audience that during yesterday's proceedings she had felt nervous because she thought she "smelled like a barn" and wondered if she was the only actual farmer in the room, but went on to say that after talking to people and getting more comfortable with the language, she felt more at ease. Smith went on to speak with passion, wisdom, and humour about the challenges that farmers face.



- ◆ When we talk about sustainability and food security, farmers are the pointy end of the stick.
- ◆ Somehow farmers have to keep on growing food – the fork stops there.
- ◆ What do I need as a farmer to deal with the chaotic seasons of climate change, elusive markets, government regulations, and what are the barriers that I face?
- ◆ If I need to make changes, they have to be easily implemented on a small scale farm.
- ◆ I can't afford to lose my farm on a gamble – I don't want to hear "under-capitalized" one more time!
- ◆ New equipment needs to save me time, money, my back, or improve my farm, or it's useless.
- ◆ Starting small takes longer but if you make a mistake it's easier to fix.
- ◆ Often low-tech solutions are preferable: NASA spent millions for a pen that would write in space, the Russians used pencils.
- ◆ We have to keep it simple but not simplistic.
- ◆ We need to find changes that I as a farmer can affect and control myself.
- ◆ When I consider making a change, it needs to be something I can achieve myself – that's why I use open pollinated seeds, why I avoid chemicals, GMO seeds, and other high-tech fixes.

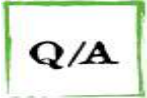
- ◆ Often the high-tech things make more money for someone other than the farmer.
- ◆ If I were to look at spending money on fertilizer I'd want to learn about soil biology first, so that whatever method I use, I'm making the best use of what I have to start with.
- ◆ The same with open pollinated seeds – no patent infringement, seeds can be saved and suit my own growing conditions – and it saves money.
- ◆ Government programs in particular tend to encourage farmers to specialize; to purchase inputs and equipment to be more efficient...that's short-sighted.
- ◆ There was a time when cheap fuel allowed us to source off farm but with rising fuel costs, farmers are forced to relearn skills they've lost. Large-scale specialized production is like a juggernaut – it does what it does efficiently but it takes it a long time to turn.
- ◆ I need to be a lot faster on my feet.
- ◆ The key to adaptability for me are small-scale start-ups and personal and local control.
- ◆ For instance, I was always the “tomato queen” in my area, but over the past few summers I lost my crown when my reliable variety failed due to changes in the weather... but then some of these other varieties did surprisingly well. The biggest challenge in the end was getting people to eat a “different” looking tomato!
- ◆ So my old methods don't work consistently anymore because of changes in the environment.
- ◆ I have to make changes, I have to be creative and I have to try new things. The best tool a farmer, or anyone else, can have is an open mind.
- ◆ Don't lose your facility for critical thinking, but don't stay in your own little box.
- ◆ Governments and Academics tend to speak their own language and stay within their fields.
- ◆ This isn't to say that all scientists need to be good communicators; there is a need for pure and serendipitous research, but some of them should if they're working in agricultural extension.
- ◆ Speak plainly, brevity is the soul of wit, and if you roll up your sleeves and shovel with me while you talk, I'll respect you all the more!
- ◆ Again, I've been much reassured since I've been at this Summit for 24 hours, that it isn't just about poor communication either: it's the assumptions we all have about how the other half lives. We all get wrapped up in our own little spheres – organic farmers don't talk to conventional and vice versa. If you don't try to create divisions there often aren't as many as you might think.
- ◆ As of this year I no longer am certified organic – I have look-you-in-the-eye authenticity with my customers, rather than time-consuming and expensive Federal regulations.
- ◆ We no longer have peer-review and I miss those spring meetings where we would trouble-shoot... we've traded in conversation for bureaucracy.
- ◆ We make assumptions that farmers are a hard sell. We don't like meetings and we don't like dress code, so if we attend meeting we want to get something out of it
- ◆ A top-down attitude is patronizing and a real obstacle - government and academics need to change their language and their attitude towards farmers, especially small farmers.
- ◆ We all have to eat and we all are equal partners in this relationship. It's no good to play power politics to solve the problems that are already affecting us. We need lots of solutions starting with the ones that are most evident, and engaging people from many backgrounds.
- ◆ I have to point out the omission of aboriginal representatives at this forum – somehow everybody has to be included.

Dr. Martin began his presentation on “Academics and Local Food; Good Fit or Ships Passing in the Night” by speaking about OACC. Established in 2001, there are 16 online courses available across the country and you can take them from your living room. Dr. Martin stated that his University education helped him to understand that he had a worldview and also the ability to recalibrate that worldview and to discover for oneself what was worth

keeping and what wasn't. The lesson I learned and that I hope students learn is to constantly recalibrate that view. This is one of the most important things that I learned.

- ◆ I pose the question, is university worth the cost? Student debt has increased by 1/3 in just five years.
- ◆ Who benefits from student debt?
- ◆ When you emerge from university with this huge debt, it affects your career choices and your ability to change the world is compromised.
- ◆ When I graduated people were aspiring to be YUPPIES.
- ◆ I'd suggest that we should train YEEPIES: Young Ecological Entrepreneurial Practitioners.
- ◆ We have YEEPIES in this room – or MEEPIES, mature YEEPIES – Donna Crawford and Edna Foster came up with the “soup-bone-solution” this morning.
- ◆ YEEPIES eyes are trained to observe what really matters, and they know that biology always trumps economics in the end.
- ◆ And it's about connecting people and ideas and energizing people to do the right thing. Doesn't that fit Linda Best – connecting people and ideas and energizing people – all about being a YEEPIE.
- ◆ YEEPIes make a living while being aware of what realistic living should entail. Increasingly, realistic living is going to change: we've had peak prosperity and what we'll have will be different, not necessarily worse, but different.
- ◆ YEEPIES should aspire to excel in art, music, literature, all those kinds of things rather than their income or their footprints.
- ◆ We need YEEPIes, and good education to help grow them. I'd like to see YEEPIES working and living here as though they intend to stay here.
- ◆ We want bright young people to live and learn and work and stay here, we want them to be informed about buying local food, solving local problems, and acting to protect the health of individuals and the ecosystem.
- ◆ I want YEEPIES to embody the Spirit of Nova Scotia which is a catalyst for Nova Scotians to have rich top soil, clean air and water, resilient farm and fishing communities, and a secure, healthy, local food supply for all citizens.
- ◆ We need the same kind of attitude toward problems such as biosolids.
 - ▶ We need more research into sludge - the pathogens, flame retardants, pharmaceuticals, personal care products, heavy metals and other contaminants. We don't know enough – we need more science and more research, political sensitivity, and neighbourliness to work this out. It's not uncommon for people for people to say that they don't want to eat food grown with biosolids.
 - ▶ Now on the other hand, can we afford not to use nutrients from sewage as we reach the limits of NPP fertilizer? I think this is a valid question.
 - ▶ I think we should consider systems with source separation – perhaps from now on all new homes will have composting toilets.
 - ▶ Dr. Ron Loucks, an Oceanographer, says that we have a useful product in sewage and in water but we put them together and they become pollution.
 - ▶ We have to think about methods that will purify sewage – at AC we're using phosphorus extracted from sewage by a Swedish process.
 - ▶ This is a local problem in every community and we can't just throw it away, it's not appropriate to put it into the Harbour or other waterways.
 - ▶ We have to put our efforts into figuring out how to deal with the issue – we need YEEPIES for that.
- ◆ How much food is required to feed the world? And, how much feeding is required?
- ◆ We need about 2500 calories per day. And the average American consumes about 3700 calories.

- ◆ Producing those calories uses the equivalent of 2000 liters of fuel - 19% of all fuel consumed in the US.
- ◆ Studies show that a vegetarian diet based on perennial crops only requires about 0.2 hectares. Perennial crops would be insufficient in NS. Most of our soil is shallow and sloped and needs to be kept covered
- ◆ A low meat diet overlaps vegetarian as long as perennial crops are used for the animals.
- ◆ With the challenges of climate, population, possible border closures and other risks we're going to have to think about how we use our land and our resources.
- ◆ I would argue that a good university education will help some people prepare for those events.
- ◆ How are Universities doing? The task is great and requires a full range of human sensitivities. There is rigour in the sciences and humanities that leads to respect for the earth. Universities sometimes fail to impart skills.
- ◆ When education leads to hubris we are not serving current and future needs.



Q. From Stefan Morales to Panel:

First comment: we need to keep in mind the link between what we put into our mouths and what comes out of our bodies. It has long been recognized that sewage is a resource. Secondly: at UBC they are retrofitting the entire University around sustainability – from the energy systems to the way they teach. One of their challenges is tenure-track, and how it affects shifting research priorities. Question: Is there a way to create a loose network of farms that act as a resource, like WWOOF, that can become more formalized, perhaps as University courses, for people to learn about farming?

Smith's Response re: knowledge-base:

- ◆ *Wonder if NSAC could operate with co-op placements even though many of the students come from farming families, maybe even for the professors could benefit!*
- ◆ *WWOOFing and volunteerism occasionally result in abuse on both sides.*
- ◆ *Last summer there were subsidies through NSFA available for hiring university students but by the time we got the information there was no way I had the time to fill out that mountain of papers.*
- ◆ *However an appropriate program that facilitates student-farmer relationships is needed.*

Martin's Response re: knowledge-base:

- ◆ *NSAC cultivates relationships with the farmers and the idea of student-farmer interaction is good.*

Martin's Response re: tenure:

- ◆ *In relation to tenure, NSAC works for me because it is a small school without turf issues.*

Smith's Response re: tenure:

- ◆ *Tenure was set up to protect professors wanting to do research that may not always be in line with the school's philosophies, it was a way to protect the jobs of the professors, Tenure can slow research, but it serves to protect the independence of the professor from academic and political influence.*

Q. From Audience to Panel:

With regards to the separation that can occur between rural and urban, and blue and white collars, and “not in my back yard” issues such as biosolids, how do you see bridging those divides?

Smith's Response:

- ◆ *TALK...the Cape Breton solution to everything, tea and talk, and listen more than you talk! Drop the idea that you have the moral high ground and listen before you talk.*

Martin's Response:

- ◆ *My rule is: listen, listen, listen, then think, think, think, and then if appropriate, talk. I think Linda has set up that forum very well here – this is what we’re doing. It was interesting for me to hear about the research that was being discussed this morning pertaining to health and people without access to food, because I don’t know a lot about those issues, but it certainly pertains to what I do, so it’s important for me to hear that.*

Comment from Audience:

- *People who wish to learn can attend various farm organization meetings where there are lots of opportunities to learn and to interact with farmers.*

Q. From Audience to Panel:

With regards to exposure to pesticides, we haven’t really discussed this very fully over the past couple days, particularly in relation to health. I’m hoping that a working group will look at the costs of pesticides to our health and health care.

Smith’s Response:

- ◆ *This requires research into the impacts on health – much needs to be done.*
- ◆ *Most farmers are very careful and do it by the book.*
- ◆ *The process of taking the pesticide application course intimidates some farmers because they aren’t comfortable in that classroom environment.*
- ◆ *So, some farmers use methods they have used for years or that they have learned from others. Some of these methods may work but many of them do not.*

Martin’s Response:

- ◆ *Everyone applying pesticides is required to take the application course.*
- ◆ *Research is needed: rather than looking at pesticides one by one, we have to think about cumulative and interactive effect - we do need that holistic research.*
- ◆ *A study in Washington State comparing the urine of children eating conventional food and eating organic food found the organophosphates in the organic diet were nine times lower.*
- ◆ *We have a long way to go in that regard – that’s where we need YEEPIES!*

Comment from Marilyn Cameron:

People who are interested in learning more about biosolids can do so by consulting the Nova Scotia Environmental Network website.

From Audience to Panel: Do you see a role for the school system for teaching consumers and farmers value-adding skills such as canning?

Martin’s Response:

- ◆ *Not so long ago people learned these things in Home Ec.*
- ◆ *Certainly we could have continuing education department*

Smith’s Response:

- ◆ *I do a lot of education. There are a lot of people who just do not know how to grow anything.*

Day Three: October 20.2009

Panel – Food Ideas and Issues

Moderated by Edith Callaghan

Keynote speakers: **Thomas Krausse**, Dandelion Community Investment Cooperative; **David Greenberg**, Educator at Lorax Woodlands and Farmer of local “Black River CSA”; and **Dr. Janet Eaton**, Writer and Economic Policy Consultant.

Thomas Krausse moved from a bedroom community in Halifax, NS, ten years ago to Wolfville, NS. Wolfville showed him what community meant.

- ◆ *When moved to this area I developed relationships very quickly. That seems to be the way it works in this community. We now live at Lorax Woodlands, a community that now includes David Greenberg as our resident farmer.*
- ◆ *Some time ago I met Linda Best when she attended a meeting we had to talk about funding for community. She wondered how this could perhaps benefit farmers.*
- ◆ *We are faced with complex problems that require complex solutions:*
 - ▶ *peak oil*
 - ▶ *climate change*
 - ▶ *global food system*
- ◆ *When BC apple are used in NS hospitals, we have to ask why we have allowed this to happen.*
- ◆ *We can find simple solutions to address some parts of these complex problems.*
 - ▶ *For example, we used to smoke in hospitals. A time came when someone finally said, this isn't right. It was a complex problem but the right solution actually easy - just stop.*
 - ▶ *The same goes for unhealthy food in hospitals. It takes courage on the part of people in Chris Power's position, but that's a decision that has to be taken – stop providing unhealthy food.*
 - ▶ *If the food companies won't supply healthy local food, someone else will have to do it.*
- ◆ *Finding simple solutions for farmers is one of the reasons that I developed the concept for the Dandelion Community Investment Cooperative. We started having meetings about a year ago, and we are now incorporated as a not-for-profit, grass-roots, company.*
- ◆ *Dandelion allows community members to invest into the company which then reinvests money in the community. We provide "seed money" that helps farmers to obtain things they need to farm.*
- ◆ *When an investor sees a farmer Dandelion has invested in at the market, they know what their money is being used for.*
- ◆ *Simple solutions start at the grassroots level: seek out our local farmers and pay a fair price for their food and keep our dollars in our communities.*
- ◆ *We as consumers need to pay the price required to keep our food local.*
- ◆ *This is the simple solution – from the ground-up, not from the top-down*
- ◆ *Through Dandelion we will also offer mentorship to help insure the success of the farm or business.*
- ◆ *Loans, once approved by the Dandelion Board, will be facilitated by the Valley Credit Union, using the Investment money as cash collateral. Dandelion has to insure that it is sustainable.*
- ◆ *Dandelion is an opportunity to be part of a simple solution. We as individuals can make a difference by supporting local communities and businesses.*

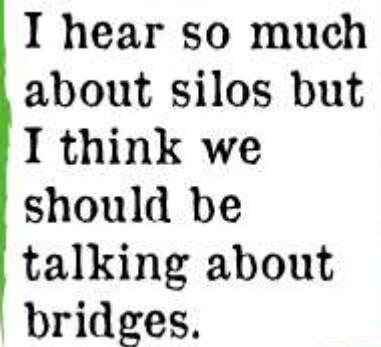
**They require
vision, courage
and leadership.**

David Greenberg: I'm pleased to see so many people who have supported me as a farmer for so many years - it's really encouraging.

- ◆ *I was cleaning out my root cellar and found two potatoes that fell into a dark nook near the entrance to the cellar. I marvelled at how two potatoes that have never been given the opportunity to be in the soil or exposed to the sun had, in fact, begun to grow and produced little tiny potatoes. This is nature expressing a truth. This is what I love so much about being a farmer, I get to see truth expressed physically, over and over.*
- ◆ *This example illustrates how there is simplicity in complexity. Those potatoes made a strange adaptation when they found they could not make it to the light - they produced these tiny little potatoes. If you took these tiny potatoes and planted them, they would grow to normal-sized potatoes,*

but it would take time to get back to that size—you would have to spend a lot of time getting the plant back up to speed. And when you plant a potato in the earth and you get so many.

- ◆ *These small potatoes are a perfect analogy for this Summit.*
- ◆ *Our rural culture is like the potato in the dark. Rural culture is tender and small (like these little tiny potatoes), and it will take awhile before it again reaches the glory that it once was. Our rural culture needs support to regain a proper place in the world.*
 - ▶ *We carry the shame of being farmers, a shame of not having a proper place in the world.*
 - ▶ *Rural culture is in the process of healing this shame.*
- ◆ *In this room, many people have reached places of success. There is a thin band of farm families who entered the world of commerce but then there's a very large group of farmers who have not. In this room there are a lot of people who have reaped the rewards. The Summit is an opportunity to reach out and help those who have not reached this level of success. We need to reach out to those who are paranoid and depressed.*
- ◆ *I hear so much about silos but I think we should be talking about bridges.*



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Dr. Janet Eaton: It's wonderful to see you all here as friends, working together.

- ◆ *I'm going to be talking about the Big Picture and the kinds of shifts, paradigm shifts that have to happen as we navigate towards the future.*
- ◆ *Some of these things were mentioned yesterday: Ray Ivany spoke about the forces of globalization, Sara Kirk and Lil MacPherson talked about problems with corporate business decisions affecting healthy local food, Al Stewart spoke about cheap food, and Scott Brison asked when we were going to talk about the elephant in the room.*
- ◆ *The elephant in the room is the dominant global capitalist economic system, and we haven't really looked carefully at the dimensions – particularly that globalized industrial systems have imposed on small farms and food security.*
- ◆ *I look at the current situation through the lens of historical paradigms that provide a framework:*
 - ▶ *Back to 35 000 BC to nomadic hunter and gathers - this is the first paradigm*
 - ▶ *...then to the agricultural paradigm*
 - ▶ *... then to industrialization*
 - ▶ *... then to the present post-industrialization paradigm.*
- ◆ *If we are going to reform the farming industry, we can't just think about one area.*
- ◆ *John Ikerd states:*
 - ▶ *The food economy models the main economy.*
 - ▶ *Energy, factory, transportation systems all embody elements of the wider economy.*
 - ▶ *If we're going to fix the agricultural system we have to think about all other systems.*
- ◆ *We think we can fix things from the bottom up but we must also look from the top down.*
- ◆ *To understand the food economy, we need to understand the economic era and globalization. We need to examine emerging trade acts and policies.*
- ◆ *Globalization: Neoclassical theory*
 - ▶ *Free trade*
 - ▶ *Privatization and de-regulation*
 - ▶ *Trade structures: quasi-government structures provide rules and policy at top-down level*
 - ▶ *Smaller government*

- ▶ *Larger military*
- ▶ *Implementing and framing our actions and what we're trying to do here.*
- ◆ *Besides just eating local we have to think about what we want our provincial and federal governments to do.*
- ◆ *It behoves us as globally-aware citizens to understand how these global structures impinge on what we're trying to do from the bottom-up.*
- ◆ *In the past NS had a wonderful community education system – we need that to inform us.*
- ◆ *We need to examine interlinking processes in an overarching framework.*
- ◆ *There are signs of failure: collapsing systems from ecosystems to financial to food security – and even civilization.*
- ◆ *There are many food security issues that are related to the corporate model – there are changes taking place in the USA as they try to change trade policies and assess NAFTA.*
- ◆ *If we are to understand how to change the local food economy we must understand the entire economic model:*
 - ▶ *Beyond economics*
 - ▶ *Examine emerging alternatives*
 - ▶ *Understand trade agreements*
 - ▶ *We can and should learn together—I propose that we start study groups around these issues.*
- ◆ *Food policy council is about making reforms and re-crafting to get us to a situation that will enable local food systems.*

Panel and Discussion – Localizing Food

Moderated by **Jamey Coughlin**, Business Development Specialist, NS Department of Agriculture

Keynote speakers: **Mark Austin**, Wild Blueberry Farmer, Sustainability Consultant and Board Member of Seeds of Survival; **Patricia Bishop**, Organic and CSA Farmer and President of Kings County Federation of Agriculture; **Greg Connell**, Produce Manager for Co-Op Atlantic; **Gordon Michael**, Market Development Coordinator, Farmers' Markets of Nova Scotia; and **Lori Stahlbrand**, founder and President of Local Food Plus.

Jamey Coughlin commented that there's not just one elephant in the room – there's about 20!

Q. Moderator to panel: How do you connect people with local food?

Connell's response:

- ◆ *Co-op Atlantic is a wholly-owned co-operative of member Co-op stores throughout the Atlantic region, and those individual stores are owned by the members in that area.*
- ◆ *Co-op Atlantic likes to do business locally and in support of our own economy.*
- ◆ *The co-op model of retail came from the grassroots – about 85 years ago Co-op began as Maritime Farm Services: farmers pooled resources and worked together.*
- ◆ *The demand for local food is growing – we no longer have to convince consumers.*
- ◆ *We now have to look for supply.*

Bishop's response:

- ◆ *I operate TapRoot Community Supported Agriculture shares, and my family has operated a roadside farm stand for years, so we provide people with local food through both of those.*
- ◆ *We also have a wholesale operation that sells food from this area to retailers across the Province.*

Austin's response:

- ◆ *I've mastered the art of listening to the question then saying what I want, but Dr. Eaton pretty well delivered my entire talk!*

- ◆ *I don't directly connect with local food since I'm a wild blueberry farmer and most of my produce is harvested, frozen, and shipped offshore.*
- ◆ *But as the Sustainability Coordinator for the Town of Truro, I and others have just drafted a procurement policy that has a component that calls for local food for all civic events.*
- ◆ *The dominant food system is a rambling and unplanned.*
- ◆ *And our basic eating strategy is pretty much 'grab yourself a whistle-dog'.*
- ◆ *Our food system is selling us convenience, and it's convenient for the producers of convenience foods to be able to call them foods!*

Stahlbrand's response:

- ◆ *All the fantastic stuff that's happening with local markets and CSA's and so on, only represent 4% of food sales, the other 96% is an elephant in the room.*
- ◆ *When we talk about a sustainable food system we have to address that other 96%.*
- ◆ *There's no one who believes that at the current rate of growth we're going to be able to grow that 4% fast enough to deal with the economic, social and environmental issues we're facing.*
- ◆ *My goal is to deal with the 96% with Local Food Plus. We have to engage with the big retailers, the food service companies, with the big institutions, while supporting the smaller ones.*
- ◆ *I believe that an eco-label will work on many levels: for farmers as well as consumers.*
- ◆ *The key is the power of the individual: there are about 200 people in this room and you're all engaged and you all have power to help make things happen.*

Michael's response:

- ◆ *I can't grow anything.*
- ◆ *How are we going to use food to create an employment driver for the Province?*
- ◆ *Two years ago I did a study for Farmers' Markets of NS about what is going on in the food system and how to make it work better.*
- ◆ *Local food is connected to jobs and to health. With almost 50% of the province's budget already going to health, we should be talking about a crisis.*
- ◆ *We should be asking what Department is going to close down first?*
- ◆ *What is the Health System doing about it? If we leave the elephant sitting over there we won't have money to deal with anything else.*
- ◆ *In that work I did I started looking at the Farmers' Market as a customer of the Market.*
- ◆ *I started looking at the age of the people selling at the Market. Where are we going to get the new people needed to sell more food at the new Seaport Market?*
- ◆ *The Seaport Market is getting around \$11 million in total to build but it needed another \$2.25 M to pay for the 40 year lease.*
 - ▶ *430 people, mostly in HRM have invested 1.2 million into the new farmers' market.*
 - ▶ *So we're engaging people in the process of supporting the local food industry.*
 - ▶ *Interestingly, when we had a meeting to create a board, people said they wanted the market to succeed because they believe in local food.*
 - ▶ *We're talking to people from all walks of life to encourage them to support and promote local.*
 - ▶ *For the Seaport Market we've created a Community Connection program, where we hired 4 people for 8 months to develop 4 strategies for the Market - food and health, food and environment, food and culture, and the Market as an arts centre.*
 - ▶ *We want many different populations to make use of the Market – it's a marketing tool.*
 - ▶ *Chain stores have drycleaners, community rooms – other ways of attracting more people and that's what farmers' markets have to start looking at.*

▶ *In Truro you can buy milk in 60 places – there's your competition, and that comes back to the 96%. How do you engage them?*

- ◆ *And – how are we going to get young people to look at the food sector as a career choice?*
- ◆ *How do we engage other sectors and communities in this?*

Moderator to panel: Where are we and how did we get here? Obviously the whole Summit is about this, but what are some of your thoughts? How can we change the 96%?

Stahlbrand's comment:

- ◆ *The 96% is not monolithic. There are many farmers and mid-sized producers in that 96% who are in the conventional system that is oriented towards global, because that's all that's been available to them – I've met some of them here. We've been starting to certify some of these farmers in Ontario because they want to start selling locally.*
- ◆ *There are many independent retailers of a significant size in Ontario who would love to carry more local sustainable product. Then we can start breaking into that 96%.*
- ◆ *They've needed to have a way to identify local products, thus the LFP program.*

Michael's comment:

- ◆ *We need to know where we came from before we figure out where we're going.*
- ◆ *The label on the can of pumpkin: Avon Food, picture of the Annapolis Valley – made in Quebec. How many people know that?*
- ◆ *In the last 50 years, we've amalgamated, created the large stores and large distributors, the small delivery systems are gone and along with it all the small stores except the Sobeys and Superstore owned corner stores. The big guys run everything.*
- ◆ *There are no independents left so that's where farmers' markets step in.*
- ◆ *But we need a food system that will get food to the whole population.*
- ◆ *That will take either parallel structures or working with the big guys.*
- ◆ *And – what does the consumer want? The consumer hardly cooks so why aren't we looking at the food products that they really want and value adding? We've got to work with the consumer, and create the products that get them there.*
- ◆ *The jobs we could create would be phenomenal. At the Dartmouth Ferry Terminal there could be a week-day take home food market – no one has done it.*

Austin's comment:

- ◆ *Both of these perspectives are valid in terms of relocalizing the food system.*
- ◆ *Recently I've been speaking with a couple of beef and pork farmers. They have done everything that our farm and agricultural policies have given them the incentive to do in terms of becoming the most efficient farmers they could be in terms of production, regulations and requirements, in terms of food safety, diversifying, getting involved in value-added products and labelling.*
- ◆ *But everything they do is undermined by trade agreements, or by the fact that Superstore enters into a contract with them and then gets a lower bid from Argentina and they're off the shelf.*
- ◆ *So they don't have consistent or reliable access to domestic markets.*
- ◆ *The traditional farmer is being undermined by the food and farm policy that is entirely oriented towards the commodity market.*
- ◆ *Growing the 4% is wonderful and will continue but we have to address the loss of productive capacity because climate change and peak oil, etc, are going to decrease import capacity.*
- ◆ *As that happens it's going to be economically viable for us to produce and consume locally,*
- ◆ *BUT we won't have the capacity any more. We've gone from 240,000 hogs six or seven years ago to 7,000 now.*
- ◆ *Let's figure out how we can hold on to what remains of our local food system.*

Michael's comment:

- ◆ *You can't just do one thing. We need to do many things at once.*
- ◆ *We've got to open up small markets.*

Connell's comment:

- ◆ *People want to buy local but it's difficult for us. In the 1980's we (Co-Op Atlantic) would have a lineup of small trucks delivering to us.*
- ◆ *Then as stores consolidated there were less and less farmers to do business with, as many farmers tied in with larger distribution systems. That had an effect on smaller retailers including Co-ops.*
- ◆ *Large chains also franchised what had been small independent stores.*
- ◆ *One of the big challenges is that the larger chains are creating the 'wow factor':*
 - ▶ *Imported foods*
 - ▶ *Alternative products*
 - ▶ *Value added - ready-made food products*
 - ▶ *Competing with restaurants*
- ◆ *Co-op believes in direct-to-market so there's opportunity for farmers to keep building on that.*
- ◆ *As has been mentioned, the global commodity system is going to break down, so we need to keep and increase capacity. Work to get beyond the 4% - farm markets, agritourism, education, labeling, whatever it takes.*
- ◆ *Large retailers are not fulfilling the needs of many people now so there are real opportunities for us.*

Bishop's comment:

- ◆ *My concern is that 90% of the population wants a food system that they don't have to think about. They don't know or care where their food is coming from, and they aren't concerned about supporting local.*
- ◆ *When asked many say they support local but if so why is the number only 4%?*
- ◆ *Until people start looking at labels and buying accordingly retailers will keep selling imported food.*
- ◆ *If we're going to have a more local system there has to be a two-prong approach – we all have to work hard to build the shifts in education and in health, but we also need significant top-down support for local food – right now. There are people in decision-making positions who can make the decision to provide support the local movement. People need education in order to understand why we need a local food system.*

Stahlbrand's comment:

- ◆ *A big part of the problem is cheap food. Farmers are going out of business because they can't make a living growing cheap food for us. Farmers must be rewarded for their work.*
- ◆ *It's unacceptable that people can't afford healthy food, but that can't be solved on the backs of farmers. We can't ask farmers, who themselves may be among the rural poor, to lower prices further.*
- ◆ *Food insecurity must be solved by social safety nets that allow people to access healthy food.*
- ◆ *It's very frustrating to hear people who can afford what they want say, "I can't afford that food – it's too expensive".*
- ◆ *It's where we put our priorities – and food has to be a priority. For those of us who can, we have to understand that if we don't support local food now, we're going to be in big trouble as a society.*

Austin's comment:

- ◆ *There is no invisible hand that is going to make this happen. The producers I talked with last week made it clear that the regulatory food safety regime in which they work in precludes them from competing with the bargain basement prices of food that's brought in that has been fed things that are illegal for them to feed here, and that's been transported using subsidized fossil fuel – and it's cheaper than local – but look at the cost!*

- ◆ *We need a government strategy to make the cost of all food reflect the full cost – health costs, environmental, economic, social, and the cost to our rural economy.*

Michael's comment:

- ◆ *Can we turn the food bank model around?*
- ◆ *Most churches have kitchens. What if we purchased local food from the farmer at a fair price and teach people how to prepare, process, can, store it? They'd be learning how, and getting healthy food at the same time.*
- ◆ *Instead of supporting the chain stores we'd be supporting the farmers, likely reducing overall food costs and improving health.*
- ◆ *How would we fund that? What if we had a 5% solution whereby everyone making \$200,000 gets an income tax reduction for donating 5% to buy the food that's needed. What about asking all the people who are doing well to share something here. We have a huge debt in this Province – we've got to come up with creative solutions.*
- ◆ *We need ways to develop sustainable livelihoods and not charity recipients.*
- ◆ *We need programs to help people create value-added products that they can sell at the market.*
- ◆ *We've got to start doing things like this as well as working on the policy pieces.*

Q. Moderator to panel: I'm going to dig into the bag of elephants. One is the issue of price. Here's a statistic that came from the Canadian Payroll Federation because the issue of price sensitivity and the price of food is a major barrier, obviously, to moving forward: 59% of Canadians said that if their paycheck was delayed by one week they would be in serious financial trouble. Another elephant was touched on: can you look at food without addressing the other problems out there?

Connell's comment:

- ◆ *At Co-Op we believe in buying Atlantic Canadian first and foremost and we don't question the price that the grower asks.*
- ◆ *But the problem with that is we see products from Quebec and Ontario coming into the market at significantly lower prices – we face that every day.*
- ◆ *As a result we get consumer pushback - why are our prices, in a co-op, higher than the big stores.*
- ◆ *So supporting local comes at a price. That's the way we choose to do business but it causes us problems.*
- ◆ *It's hard to understand why a consumer will pay \$1.50 for a chocolate bar but when an apple is 89 cents they say food is too expensive. \$1.50 for a bottle of water – yet food is too expensive.*
- ◆ *There's a real disconnect there, and as an organization these are significant challenges, but what it comes down to, is they're paying more for convenience.*
- ◆ *This is a key point: people are buying value-added and the winners are the companies that make those products – such as bagged salads, cut fruits, etc.*
- ◆ *Consumers want more and more convenience – in part because the fast-food industry has led them in that direction.*
- ◆ *Retail started going in that direction and processors grew from there, and this in part why imports have been displacing local products: bagged lettuce ready to use or a head of lettuce that has to be prepared. We see it all the time: 69 cent head of local lettuce stays on the shelf and \$3.99 prepared get taken home. Unfortunate as it is – that's the reality.*
- ◆ *We are seeing some shift, but as long as that convenience factor is there with imported and not with local, then we'll always have that challenge, that elephant.*
- ◆ *I believe consumers understand the principle that you get what you pay for, but I don't believe they fully comprehend how their choices relate to food supply and other factors.*

Michael's comment:

- ♦ *Why don't we take what you just said and have local people make bagged salads so they can take advantage of the opportunity?*

Connell's comment:

- ♦ *There are beginning to be a few young people who are interested in doing things differently. They aren't stuck in the grow-sell commodity system.*
- ♦ *But in the current farm environment it's hard for young people to think about making a living on a farm when he could be making more money most anywhere else.*

Stahlbrand's comment:

- ♦ *To return to the issue of the 59% living one pay-check away from disaster – that suggests a hopeless situation and I don't believe it is. You don't need 50% of the population to bring about change – look at the way the big retailers have responded to organic: it's only been 2, 3, 4% of sales and yet they've responded in a big way. There are now 100s of organic products in big retail stores.*
- ♦ *Unfortunately most of them are being processed off-shore – we haven't been able to capture that as part of the local sustainable market.*
- ♦ *But if we could up that to 10% we'd hit a tipping point where society would start to change significantly.*
- ♦ *We need to address the issues around income and poverty but in the meantime we have to build our marketing around the "early-adopters" who do have money for local food.*
- ♦ *We did some price comparisons: Ontario blueberries, priced at \$1.99, with the LFP label outsold those without the label 3 to 1. We raised the LFP ones to \$2.50 and they outsold 2 to 1. At \$2.99 they sold at 1 to 1. We tried this with apples and other products and found the same thing.*
- ♦ *So there are consumers who will make local sustainable choices, there are people who have children, who are socially conscious, who have health issues – if we can just move it up a few percentage points it will have a huge impact.*

Moderator to panel: Please talk about a success story and why it was successful.

Bishop's comment:

- ♦ *Our CSA is a success story for us and I think for the people who've participated.*
- ♦ *Many people have emailed to say they've changed the way they eat.*
- ♦ *We planned to have 100 in our CSA – we got 200.*
- ♦ *So often we keep on doing things the same old way, but trying something new we may discover that it works, so even though I'm concerned about how we're ever going to be able to feed all the people in the Province, my glass is half-full with regard to all the support and what we've been able to do.*

Austin's comment:

- ♦ *My glass is half-full as well – but it's half full of emptiness! Unfortunately I don't have a success story about the 96%.*
- ♦ *But in the 4% there is the Food Mentors Project which is a grass-roots project along the lines Gordon talked about: find a community kitchen, peers teach conventional skills from meal planning to cooking, to preserving – there are more such groups starting.*

Michael's comment:

- ♦ *We looked at immigration in relation to the Halifax Farmers' Market – we asked various cultural groups what foods they would like to have at the Market.*
- ♦ *We're giving this information to our producers and that provides an opportunity for them.*
- ♦ *And now we working to help immigrants get involved in the food system.*

Connell's comment:

- ♦ *Our success story is the simple fact that we're still around. In the mid-1990s our market share was around 22% and now we're around 7- 9%. We feel we've bottomed out and the future looks bright as we work toward a greater emphasis on local food.*

- ◆ *We have an Atlantic first strategy for procurement and we want to move that even closer to stores.*

Q. from Devin Folks:

To tie a lot of things we've heard together - there are a lot of people who can't afford local nutritious food and our farmers are not making nearly enough money to have a fair wage and cover their costs. The concept of value-added concept has been discussed a lot – consumers who can afford it really want this convenience and it is hard to sell them local food at a premium unless it has that level of convenience.

Can any of you talk about things that are going on right now with infrastructures and kitchens and space for making value-added products, and do you have any positive information about how these services might be available to local producers - feasibly and affordably – so that producers don't have to charge a high premium?

Michael's response:

- ◆ *To talk about facilities – most every community has facilities: there are already kitchens in churches, schools, halls – they're not utilized. Someone has to create the model – someone has to facilitate this and make it happen.*
- ◆ *If the people in the various Departments – Health, Community Services, and others worked together this could happen.*
- ◆ *We have a commercial kitchen in Brunswick United Church where we're going to run a program and if we get funding to train people we want to have local people come to use the kitchen to prepare local food.*
- ◆ *We have to help people move forward but we have to make it easier for them.*

Bishop's response:

- ◆ *I think we're deficient in making use of the infrastructure that's available and we're also deficient in figuring out how to fund the programs.*
- ◆ *There are all kinds of organizations and people who are working at these things but they don't have enough funds to broaden their programs or offer it more often or pay for people to get there so that these programs can be inclusive and sufficient to bring about change.*
- ◆ *We need to have Departments working together, all agreeing that they want to see people learning the skills that will help them get healthy food, and all agreeing to invest in that.*
- ◆ *When Debbie Reimer applies for funding for the Kids Food Action Plan, and when Ismay Bligh applies for funding for the great things they're doing here in the Healthy Schools program, instead of spending hours and hours on the application process, funding should be more accessible - the benefits are already clear.*
- ◆ *We need to get the message out that this is of value and needs to be funded and we need to see a lot more of these programs happening across the Province.*
- ◆ *Gordon's right – there's lots of infrastructure and lots of people and they need to be able to do what has been shown to work, but on a much larger scale.*
- ◆ *This will help those who need food and the farmers as well.*

Stahlbrand's response:

- ◆ *At the same time we're really short of local, large-scale facilities that can process a lot of food.*
- ◆ *That kind of infrastructure has been destroyed over the last few years – Ontario just lost the last canning facility East of the Rockies last summer.*
- ◆ *Unfortunately these facilities can't be rebuilt quickly.*
- ◆ *We need to push for investments in new local infrastructure that can support local sustainable food.*
- ◆ *Investment needs to be tied to building local economic capacity - many people don't understand how complex this part of the food system is.*

- ◆ *People want processed food but processing needs to be energy-efficient, there need to be innovations such as drying, the whole system needs to be sustainable.*

Bishop's response:

- *I would add that we don't need to process on the scale that we did in the past, so smaller initiatives will serve us locally.*

Q. from Alex Redfield:

There's been a lot of discussion about convenience as a way to get to the other 96%. If the giant corporations are more efficient than Nova Scotian farmers at packing salads in bags, should our farmers aspire to that? Is convenience food the only way to get to that big pool of money? Should farmers go down that road? We've seen what efficiency models have done to farming. Should we instead be working towards connecting people more directly with their food – showing people what to do with kohlrabi, for example? Should we be making things easier for people who aren't making things easier for the food system?

Connell's response:

- ◆ *The desire for convenience has come from a lack of knowledge of food preparation.*
- ◆ *We need education around food – nutrient value, how to cook, how to store.*
- ◆ *With regard to California – they have the benefit that their processing infrastructure is used year-round because they grow year-round.*

Austin's response:

- ◆ *I see the loss of skills as a symptom rather than as a cause - the creation of demand has been driving this. The giant marketing machine tells people that this is a better way to go – eventually lettuce will be pre-chewed! We have to educate people about kohlrabi!*
- ◆ *Herman Berfelo's best-selling product now is packaged donair meat. Every farmer now has to do product development, marketing, paperwork, as well as farm.*
- ◆ *I hate to see us pandering to that as our strategy for reconnecting people with food, because it's symptomatic of consumerism that is not sustainable – it doesn't sustain our farms or our health*
- ◆ *We really do have to talk about the other side of it which is the joy of food, of creating food, the nutritional benefits, the environmental benefits – and eco-labeling is one way to do that.*

Bishop's response:

- ◆ *There are already farmers in NS doing bagged salads ready to serve, and cauliflower and broccoli are easy to use and readily available. Look for these products in the grocery store - ask for them!*
- ◆ *Alex, the kind of work you do, and your vision with the Acadia Garden, helps to create the kind of change we need.*
- ◆ *Also the kind of work Pete Lockett does. When Pete's recipe is in the paper I hope it matches the food we have in the Market and that I have in the CSA box that week because people are buying what he's telling them about! We need even more columns and recipes in the media.*
- ◆ *We need to make fast food out of slow food.*

Stahlbrand's response:

- ◆ *It's a very important question, but it's not an all or nothing proposition.*
- ◆ *We have to keep building things like the Acadia Farm, the culture of Slow Food, we need to keep re-skilling, bring back Home Ec. So that nobody graduates without knowing how to cook.*
- ◆ *We've been sold a bill of goods: several generations it took one salary to keep a family going and now it takes two, and you don't have anybody at home. It's good that women got out of the kitchen but there must be time for the whole family to get reacquainted with food.*

Comment from Jean Snow:

I'm an urban farmer using people's back yards in Dartmouth. It's a success story – I can't grow enough to supply the market I have. Since the people are right there they could be working and learning with me – one of my gardens is at a group home. We haven't talked about this but I think it addresses a lot of our concerns because I'm right there with the customer, I supply restaurants – I think it's a solution.

Q. from Austin to Jean Snow:

Are you experiencing any questions about food safety and regulations?

Comment from Jean Snow:

I've talked to the people whose land I'm using and to Government and I'm doing good – nobody from Government will send me anything in writing. I do prepare bags of mixed greens. As long as I'm not actually making anyone a salad I'm OK.

Michael's response:

- ◆ These are all good things that will help to keep agriculture going.
- ◆ How can we make these solutions long term?
- ◆ There are 350,000 people living 50 miles from here – how are you going to take advantage of that?

Austin's response:

- Here's a quick answer: if the beef and pork people don't get some product support immediately from government they're going to be gone. Whether taking off tax or making the import more expensive or direct support - it has to happen immediately.

Doug Brown's comment:

- ◆ The last part of agriculture is culture - we have to put the culture back in farming and food.
- ◆ In grade 5 my kids get 15 minutes for lunch, but on the other hand, my son in grade 10 is in an alternative high school that provides a hot breakfast and lunch every day - covered by the school board.
- ◆ Why isn't the education system using the same kind of tools that got kids to reuse, reduce, recycle – and to teach their parents to do the same?
- ◆ Why did I get imported apples in the hospital? And Cheerios?
- ◆ If we want to get that 96% we can do it through the education system if we have the will at the political level.
- ◆ Even to get local food into institutions would have a huge impact – it would not only support farmers, it would also create jobs: peel potatoes rather than cutting open boxes of noodles!
- ◆ And – give those kids an hour for lunch – a half hour to eat and a half hour to play.
- ◆ When you get home stay off the computer and get into the kitchen.
- ◆ Start the changes young, start it in the school system.

Ismay Bligh comment:

- ◆ I'm representing Health-Promoting Schools and we're trying to do a lot of the things that are being mentioned.
- ◆ We're having successes – we've had Federal research tracking our work and we have shown that we've increased fruit and vegetable intake and also we've had a big impact on overweight.
- ◆ I work in Public Health and we have a strong partnership with education as well as with producers, suppliers, and others.
- ◆ We're doing things like cooking workshops, but the success story that's relevant here is the 'Strive for Five at School' program that will be out soon and it will be in every school, thanks to NS Health Promotion. It has the potential to be used in day care and the health system, etc. and that will depend on funding and affordability since 20% of kids can't afford to eat.
- ◆ We need society and governments to decide that this is important enough that we will subsidize food in schools.

- ◆ Patricia and I are on a committee which is trying to build a case for that subsidy.
- ◆ The local producers are donating food to the schools for the Strive for Five cooking program.
- ◆ We're showing that kids will eat fruit and vegetables and that improves their health.
- ◆ If anyone is interested in joining our committee please get in touch with me.

David Acton Comment:

- ◆ We're preaching to the converted, we don't have any politicians here, or Deputy Ministers, and we're all fit and healthy, and fully involved in eating a healthy diet.
- ◆ There is a concentration of power in retailers:
 - ▶ Sobeys's is not a Nova Scotia company, and Loblaw's isn't an Ontario company -
 - ▶ All big retailers are owned by international mutual funds whose only responsibility is to the shareholder.
 - ▶ They have no loyalty to the local community.
 - ▶ They indulge in predatory pricing – very often the loss-lead item on a flyer is a food item that could be sourced in NS that in no way represents anywhere near the cost of production.
 - ▶ The Co-op and Pete Luckett do carry local and we need to support local in those stores.
- ◆ We need labeling and signage that makes it very clear what products are local.

Panel and Discussion – The Way Forward

Moderated by **Corrie Melanson**, See What You Mean Facilitation

Moderator's comments: Great to see all the smiling faces! I'm an organic farmer as well as a graphic facilitator and recorder so my role, along with Janet Rhymes, is to capture the nuggets of what's been happening in the last couple of days to document that and to disseminate it. There will be a full set of notes from the Summit. In this session we're going to be looking at The Way Forward. We've heard about issues, complexity, successes, solutions, so in this session we'll look at where we go from here. After we hear from our speakers we'll turn the discussion over to you to figure out how we will stay connected after the Summit, and whether there's energy in the room to move towards a Food Policy Council for Nova Scotia.

Keynote speakers: **Dr. Bruce Roberts**, President of KELCO Consulting; **Jen Scott**, Farmer at Heliotrust and GPI Atlantic Agriculture Analyst; **Joan Baxter**, Author, Journalist and Anthropologist who divides her time between Canada and West Africa.

Dr. Bruce Roberts:

- ◆ You have quite a responsibility: you were identified in yesterday's paper as "delegates working to fix a broken food system"
- ◆ Is the food system broken? No, it's not. It works exactly the way it was designed. It moves food from a producer to a consumer.
- ◆ The issues you're talking about here are social issues. If the social issues are corrected the food system will adjust to reflect those changes.
- ◆ What was the agricultural industry like before? Before is only ten years – the major changes in our agricultural and food system have been within the last 10 to 15 years.
 - ▶ We had commodity agriculture in Nova Scotia.
 - ▶ We had distribution through wholesalers and back-door direct
 - ▶ Pricing was local. This is important.
 - ▶ Production was key – that's what farmers focused on.
 - ▶ Farmers were efficient in order to keep their costs down.
 - ▶ The market and consumers weren't all that important.

- ▶ The food supply chain was locally owned – that is critical. Maple Leaf Foods shut the Canard Poultry plant, cleaned it out, did not offer it for sale as they wouldn't want to allow competition.
- ▶ ACA has been fighting tooth and nail to survive for years. If it fails I believe that someone will buy it out of receivership – that could happen because it's locally owned. Unlike Maple Leaf there isn't an advantage to shutting it down if it stays in local hands. If someone from outside the Province comes in and buys it they might shut it down.
- ▶ Other success stories – Tony's Meats, started in Halifax, then bought by a group of farmers.
- ◆ What happened?
 - ▶ Globalization, increased price competition and decreased access to markets.
 - ▶ This brought about major changes – and it was negative for farmers.
 - ▶ Then BSE [mad cow disease] had a major impact.
 - ▶ Another major change has been the increase in consumer awareness. The agricultural industry was better off when consumers didn't have the foggiest idea about their food – they weren't interested in all these choices – we were a meat and potatoes society.
 - ▶ It was great to get that Christmas orange – but now we want that and more all the time.
- ◆ So, overall, disaster for the agricultural industry, but once we start looking at the parts not all of it is bad news.
- ◆ Over the last ten years farm sales increased 17%, but farm debt has increased 59% - part is consolidation and farmers taking on more debt.
- ◆ But a lot is people using up their equity to stay in the industry.
- ◆ Farm income has been negative over the last several years, but I believe that if we were to take cattle and hogs out of that equation overall income wouldn't be negative.
 - ▶ Supply managed: price for milk has gone up 3.5% per year.
 - ▶ Since BSE affected cattle, poultry sales have gone up 35% per year.
 - ▶ Non-food crops now account for about 1/3rd of the industry (mink, landscaping, horticulture).
 - ▶ Hogs went down to \$8 million last year from a high of \$38 million in 2001.
 - ▶ Before BSE farm gate for cattle was \$30 million, after \$16 million.
- ◆ What's it like now?
 - ▶ Commodity agriculture is large and important – most of the supply managed commodities are processed and consumed in Nova Scotia. Did you know that Scotsburn produces much of the branded cheese carried by retail stores – Our Compliments, President's Choice, Black Diamond?
 - ▶ Most of our poultry stays here.
 - ▶ A significant number of Large commodity farms are also selling products direct - going further up the value chain and getting a little more of the dollar.
 - ▶ Some mid-sized farms have adapted and are doing centralized distribution and are putting a lot more emphasis on direct marketing.
 - ▶ The pendulum has swung a little bit: Sobeys is allowing a bit of back-door delivery
 - ▶ Smaller farms are doing mostly direct sales as it's too hard to get into the distribution system.
 - ▶ Three key areas have also changed: quality counts, consumers count and marketing counts.
- ◆ How have the farmers responded?
 - ▶ While many have adapted, many farmers continue to resist making the changes needed to meet the demands of the current markets.
 - ▶ Over the last 10 years on average \$17 million in government payment have come into the Province, most of it to maintain the status quo.

- ▶ But there are some changes now with some good programs in the Department of Agriculture to facilitate marketing, processing, cooperation, new crops, consumer focus.
- ◆ How have farmers adapted?
 - ▶ Those who have are the future of the industry
 - ▶ We have to invest in those who have better ideas for growing, marketing, processing.
 - ▶ Jim Lamb is an example: he grows, processes, and markets his product, retails other local products, beautiful store, focused on the customer, and dynamite product.
 - ▶ We have van Dyke Blue-berry juices, more on-farm sales, CSAs, farmers' markets are booming, new crops such as grapes, greens, wheat, melons, etc.
 - ▶ Farmers who are adapting are listening to the consumer and to what the market signals are.
- ◆ What are the opportunities?
 - ▶ We need to invest more in marketing and distribution, especially the means for smaller producers to get their products to markets.
 - ▶ Invest in locally-owned processing – bigger is not always better, and Maple Leaf proved that with Listeriosis: they produce 19 brands of product in that one plant.
 - ▶ Tony's Meats is doing very well, as is Herman Berfelo's new product line.
 - ▶ Processing extends the season for local food. Why aren't we going frozen vegetables?
 - ▶ Here's an example of how far a multi-national will go to prevent competition: there's a former Coke bottling plant in Weymouth that's been empty for almost 20 years because the condition of sale is that you can't bottle anything there. It has a wonderful supply of water but it can't even be used for bottling that.
- ◆ Farmers have done well servicing consumers who come to them – to farm markets and farmers' markets and to farms. Thank heaven Pete has shown farmers how to take products to the consumer.
- ◆ That's the most important lesson – take the product to the consumer who isn't coming to you.

Jen Scott:

I want to abandon my planned presentation and talk about what's in my heart. I live in a beautiful province but I feel there is some brokenness. I have been working with food and agriculture for over 20 years and sometimes I wonder, what have I accomplished?

- ◆ On a trip to Gambia 20 years ago, I met a bunch of women who were gardening their small yards, trying to grow enough to feed their families. We sat down for a cup of tea – even though there wasn't much water. They asked "what's your agriculture like in Nova Scotia?" My answer was, "I don't know anything about agriculture". So I came home from that trip and started learning as much as I could. It's been wonderful to have the opportunity to work with farmers. I've worked on selecting wheat varieties that would grow in this region, I've worked as an organic farm inspector, and I live on a farm. I learned everything I know about community from those women in Gambia and from my farming neighbours.
- ◆ We don't have to look further than to the people who are rooted in the land, and in terms of going forward we need to have a farmer-centric system, rather than a consumer-centric system.
- ◆ To have a really healthy food system it needs to be based on what farms need and then built from there – instead of what everybody else needs being imposed on farmers.
- ◆ I don't have a lot of sympathy for Cargill or Superstore or consumers who don't treat farmers well.
- ◆ I really appreciate all the farmers who have taken time to explain things to me. Now what I do all day is write grant proposals or look

**In terms of
going forward
we need to
move from
consumer
centric to
farmer centric.**

for money to do my work or crunch numbers – people seem to respond to my number crunching, and want those numbers – and if it’s helpful for farmers I’ll do it - but I would also like to have more time to work on my own farm.

- ◆ I will speak about beef and sheep because I’m passionate about a future for agriculture all across the Province.
- ◆ All those fields growing up in alders will be filled with sheep and cattle grazing because ruminant agriculture is the basis of a healthy food system and healthy soil.
- ◆ Instead of the environmental costs of importing, we have the land needed to produce all of the beef and lamb we need. Some environmentalists advocate not eating beef but this is really the foundation for good healthy soil.
- ◆ We have underutilized land and we could be producing all the beef and lamb that we consume.
- ◆ However, we import 90-95% of our beef – it doesn’t make sense, because if we were to eat all local beef farm cash receipts would go from \$22.5 million to well over \$90 million and full-time equivalent jobs would increase from about 450 to over 2000.
- ◆ Every kilogram of beef that comes by truck from Alberta causes 1.39 kilograms of GHG emissions and we’re bringing in millions of kilograms of beef.
- ◆ And grass-fed beef is a very healthy product – it’s a much different product than beef from a feedlot.
- ◆ We import 83% of the lamb we eat. There’s 2.39 kg of emissions for every kg of lamb we bring in.
- ◆ Producers got together years ago and former Northumberland and Sobey’s supported them – they wanted lamb and were willing to help get it up and running.
- ◆ This should be part of the way forward - where did that kind of ethic go?
- ◆ One the projects I worked on was bringing red fife wheat back into commercial production. I’ve been working with the Dr. Arthur Hines Elementary School for about 7 years. The first year they wanted to grow wheat, so they did, and they harvested it with scissors. The students rolled the wheat in their hands, separated it, made a huge mess, had a ball, ground the grain and made bread and ate it and the kids have been doing it ever since. They’ve learned to grow and cook and feed themselves and their parents – and the whole culture in the school has changed. And the whole culture in the community is redeveloping.
- ◆ At Black River Farm this fall there was a harvest day where everyone gathered food and celebrated and learned more about farming – this also is part of the way forward.
- ◆ Today, Nova Scotians spend on average 11% of their total household expenditures on food but in 1969, we spent 19%. Not all, but many of us, could spend a little more money on food. For those who can’t, there are options that we all could be exploring together - there’s no need to impoverish the farmers in order to deal with poverty in other areas.
- ◆ We need to capitalize on the richness that’s in our communities and among our friends.
- ◆ People in Gambia felt so sorry for me because I was skinny and didn’t have kids!

Joan Baxter

- ◆ Close your eyes and leave the Annapolis Valley for a few minutes for a virtual trip to Ghana.
 - ▶ The first President of Kenya once said “when the white men came to Kenya they told us to close our eyes and pray. Before they came we had the land and they had the Bibles. After we closed our eyes and prayed, we opened our eyes and they had the land and we had the Bibles”.
- ◆ I’m not going to steal your land – I just want you to close your eyes and transport yourself back to Northern Ghana in 1992. Picture a mud-thatched village with no water, roads or electricity in sight.
- ◆ It was at the end of a long day of asking the poor women in the villages all our white-man questions and I really wanted to get back to the city to have a shower and perhaps a cold beer.

- ◆ But the elderly woman sitting in front of me, an elderly woman squatted on a little wooden stool seemed to think that I needed a bit of education.
- ◆ She'd never been to school and like everyone in rural Africa, she was a farmer. She decided to give us a little lecture – which I really didn't want.
- ◆ She described for me what had happened when the first experts from the developed world had come to Africa in the 1960s and decided that they needed to reform their farming.
- ◆ So they came with the first 'Green Revolution' – not the one that Bill Gates is currently funding – this was the first one. She described how they were told to cut down their trees – trees that nourished them and their soil – including the shea-nut trees that have now been scooped up by international companies because of the qualities of its edible oils.
- ◆ They should cut all those trees down, stop planting all that diversity of crops, and they should plant row after row of hybrid maize. They were given fertilizer and pesticides that they'd need for their new crops and tractors which immediately broke down – they didn't have money for fuel anyway.
- ◆ When the experts packed up and left, and the first green revolution failed there, they were left with a broken farming system, as she was very clear to tell me.
- ◆ And she finished off her little lecture by saying "Why do you bring your mistakes here?"
- ◆ I didn't have an answer for her at the time. Since then, I've spent the last 20 years talking to African scientists, farmers, activists who've explained to me that those mistakes are really profitable – not for African farmers, just as they wouldn't be for Nova Scotian farmers, but for the multinational corporations that are in the business of producing all of those inputs.
- ◆ So, unfortunately, Africa is left with an unprofitable mistake that's been dumped at its doorstep, and I think the same analysis can be used in Canada and the United States when you look at our farming systems.
- ◆ I think the way forward is to look backward.
- ◆ There's a lot of knowledge and wisdom in those traditional farming systems around the world, and farmers know best.
- ◆ And if we want to fix what's gone wrong down on the farm we need to look at the high offices, and the investment banks, and so on, who are making the policies, and to compliant governments that actually favour that corporate model and not the small-scale farmer.
- ◆ The mistakes haven't been completely made in Africa – and it's so strange to come here and find you trying to fix these mistakes while in Africa they're trying to foist them on Africans – again.
- ◆ In an article in the Chronicle Herald awhile ago I read that food from developing countries is hurting Nova Scotian farmers. I couldn't believe I was reading that because – food from the rich countries is killing Africa's farmers. And they're a lot poorer than Nova Scotia's farmers – about a dollar a day.
- ◆ If we're talking about issues of sustainability and farming – we're all in this together.
- ◆ Nova Scotia can't separate itself from the big system as we look ahead.
- ◆ While the scale and the exact nature of the problems may differ – many of the problems are the same. Sustainable systems and healthy food are the same the world over.
- ◆ It's important to keep that in mind as we try to chart the way forward here in Nova Scotia, in Canada and beyond.
- ◆ It's time to challenge the vertical integration of the food chain, the consolidation of corporate control, and that industrial model from field to fork that is causing enormous damage to farmers around the world.
- ◆ My naïve suggestion would be to put the farmers back into the food equation.
- ◆ Today 1 in 6 people go to bed hungry – if they have a bed.

- ▶ The shortage of food last year was caused by the rush for agri-fuels which is a false solution and Africa's land is being grabbed to produce agro-fuels – to solve climate change that they didn't even cause.
- ▶ We have to look at the whole picture and not just the pieces in order to see the way forward.
- ▶ FAO has done studies that show that small-scale farm production has been rising: it is the most productive model for farming and causes the least disruption to human beings and environment.
- ◆ In West Africa I had the honour of attending COPAGEN – a coalition of coalitions of African farmers, scientists and activists, that struggles to protect farmers' rights, food and seed sovereignty, and they listed for me the problems that they're confronting:
 - ▶ The grabbing of African land – that should tell us something: farmland is the new gold that's being grabbed by the Arab States, by Asian countries, by investment companies. They know the value of that farmland because they know where food prices are going as we reach peak oil.
 - ▶ 30 million hectares of Africa have been grabbed in the last two years – in countries where people aren't even able to feed themselves.
 - ▶ They're confronting this 'new Green Revolution' thanks to Mr. Gates who is working with Monsanto to get GM crops into every corner of Africa.
 - ▶ African farmers save and share their seeds. They develop crop varieties that have now been taken from them and used for patents.
 - ▶ The World Bank is there along with donor countries like Canada and others making sure that every last bit of legislation in Africa that could protect Africa from the patenting of it's crops, from the taking-over of it's land, are reformed and "harmonized".
 - ▶ Which means opening the door to exploitive capital that isn't going to make Africa better – it is a dead-end.
- ◆ COPAGEN is working to strengthen farmer associations, increase local value-adding and access to markets, particularly fair trade and organic markets.
- ◆ And like Canadian farmers, Africa's farmers have to compete with cheap produce from outside, produced by giant, fossil-fuel guzzling industrial agribusinesses and poorly paid farm labourers.
- ◆ Cheap food, but at what cost? The dumping of subsidized produce by European, American and Asian countries has undermined Africa's small farmers and led to the food insecurity on the continent.
- ◆ In Sierra Leone, the eggs come from India, cheaper than local ones. Chicken and turkey pieces from the US, cheaper than locally produced ones. Canola from Canada, cheaper than locally produced oil. Rice from the States . . . etc. There is no way that local producers can compete with that stuff.
- ◆ And these are exactly the same problems I hear from my neighbours – organic farmers – around Tatamagouche, saying that they can't get their produce into that big system and can't possibly compete with those industrially-produced crops, laden with chemicals and low in taste (not to mention nutrients) – I read recently that there's more nutrition in the box than there is in the Corn Flakes. Those things are being dumped in Africa where they have their own varieties of staple crops..
- ◆ For four years, I worked as the science writer for the World Agroforestry Centre, and I had the privilege of visiting sustainable family farming systems on three continents – often involving trees, annual crops and livestock –and learned first-hand their merits and the way that external policies – dumping of imported foodstuffs, the disbanding of farmer co-operatives and marketing boards, the push for "modern" monoculture – were killing them.
- ◆ I hope you'll forgive me for contradicting the *Globe and Mail's* self-proclaimed expert on farming, the one and only (dare I say thank goodness for that?) Margaret Wentz, who proclaimed this summer that organic farming is naïve, and that enviromanticists are hurting Africans by promoting "primitive" farming practises.

- ▶ Organic farmers are anything but naïve. African smallholder farms are anything but “primitive”.
- ▶ Smallholder farmers – in Africa as around the world – are sophisticated experts on complexity. Indeed, their farms and their lives depend on agri-biodiversity and complementarity, which make them resilient in the face of all manner of extreme weather, especially the droughts and floods that climate change is sending their way.
- ▶ More industrial farming means more climate change – agro-ecological systems not only mitigate climate change, they also protect against its ravages on crops and lives.
- ▶ Earth to Margaret Wenté up there in Toronto – it is earlier “mistakes” disguised as solutions for Africa, and neo-liberal economic policies imposed on the continent over the past four decades by the World Bank, IMF and other major “donors” that are causing hunger!
- ◆ The new Green Revolution in Africa – like the first one – fails to recognize the value of agro-ecological farming systems, ignores the landmark study published in 2008, the International Assessment on Agricultural Knowledge, Science and Technology for Development (IAASTD) that showed that such diverse systems are the ONLY way forward.
- ◆ And yet, the same political and economic regimes that have transformed many farms into debt-ridden and failed businesses here in Canada, are still trying to do the same elsewhere on the planet.
- ◆ Africans often ask why the US and the EU have to subsidize their modern, industrial agribusinesses (and in the case of the US, GM crops) if they are so profitable, a model worth exporting around the world? And I fear the answer, again, is because this model is profitable – for the corporate and banking systems that promote this “mistake”.
- ◆ It is events such as this one, this wonderful Food Summit, that give me hope - I try not to be too pessimistic and there’s some really good news – USC Canada, which has its Seeds of Survival Program all over the world, just commissioned a NANOS poll that showed 7 in 10 Canadians *want farmers to have more influence on the food system*. The same number of Canadians also said they *trust the experience and knowledge of farmers over that of large agricultural corporations*.
- ◆ That’s really encouraging news, that, and the fact that Canadians and people around the world are starting to reconsider the source of their food and correct the mistakes of the past 50 years.
- ◆ So I’d like to end by quoting Susan Walsh, Executive Director of USC Canada, “We need a food system that puts people, farmers and the planet first. More than a billion small scale farmers around the world have sophisticated farming systems that are built on farmer knowledge and ecological diversity, and feed communities. We should be turning to them for solutions.”
- ◆ In my opinion, that’s the way forward.

Corrie Melanson:

I want to thank the three of you for taking us across an ocean to make those local – global connections and bringing us back to the heart of the farm and into the minds of consumers.

For the last two and a half days you’ve spent a lot of your time looking up here, so we’re going to spend the next while looking both inside and at the people around you. A key outcome for the Organizers is the making of connections, so please think about who you need to connect with and what actions you’re going to take as you go forward.

We’re now going to move to a discussion about the idea of forming a Nova Scotia Food Policy Council. Lori Stahlbrand will give us a brief overview of what the Council might be and what it could do, based on her experience with the Toronto Food Policy Council.

Lori Stahlbrand:

I'm a big believer in Food Policy Councils – they're spreading like wildfire across North America, and the Grandmother of them all is the Toronto Council which was founded in 1991.

Key points:

- ◆ Solutions-oriented organization based on citizen input
- ◆ We found that it's very important that the members of the Council be citizen-experts rather than stakeholders – that way everyone is committed to a common mandate, and they are there with expertise to build that common mandate, not to advocate for their sector of the food system.
- ◆ This common mandate is essential.
- ◆ Since non-profits have to spend so much time fundraising, FPCs are most effectively housed in government as a means for financial support, so that all efforts can be used to work on solutions.
- ◆ With a staff of two and a tiny budget the TFPC organizes conferences and outreach.
- ◆ So FPCs don't have to cost government very much in order to be an incredibly positive tool.
- ◆ The mandate has to be sufficiently wide to look at the full range of issues.
- ◆ Here's a suggestion for an initial mandate – not a prescription but as a start:
 - ▶ The Nova Scotia Food Policy Council will help the Province to implement policies that further a food system that is health-centred, environmentally responsible and socially just, and stimulates the creation of meaningful, dignified, and financially viable employment in the food system.
- ◆ Something like this to start with brings to one central place everyone who is here and everyone from outside this room who has an interest in food issues – farms, land use, environment, health, economy, social justice, resources, culture – all these and other issues can be discussed at a FPC.
- ◆ People leave behind their vested interests and come together to work towards common goals.
- ◆ Wayne Roberts, Chair of the TFPC (my husband) would be more than happy to come here to help.

Corrie Melanson:

We have this incredible gathering of hearts and minds focused on food. Is there energy in this room to start planting the seeds for a Food Policy Council? We're not asking for a huge on-going commitment, but rather for help getting the process started. We're going to ask that those who are interested in helping to start the process please stand. (About 50 people stood up.)

What are the **Ways Forward** that have been identified at your table?

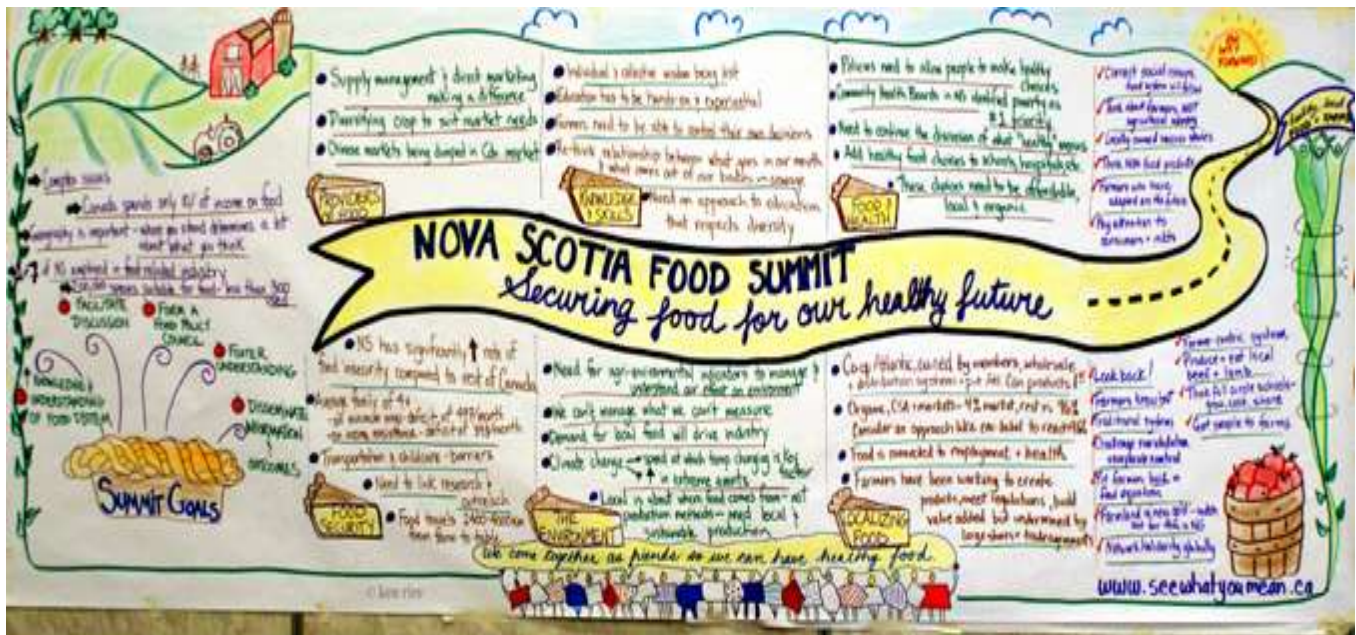
- ◆ Accessibility to education about the issues so that people understand the choices they can make.
- ◆ Define an integrated overarching vision, with an educational component, and re-centring our political top-down approach to be sustainable and Nova Scotia oriented while building citizens orientation from the bottom-up.
- ◆ Mark Austin sees great educational and policy possibilities coming from a Nova Scotia Food Charter. Whatever we call it, there could be a round-table of citizen-experts and sector representatives to implement it, but also to use it for social marketing. So I want us to be open to leaving out the words policy and council and having it a grass-roots initiative for more connections.
- ◆ We're separating out food and non-food, and then we're going to tax the non-food – the highly processed sugar-fat- salt stuff. Then no junk food within a certain distance from schools and hospitals. Then a moratorium on fast-food outlets. It's a zero-sum game – take all that money and put it back into education, farmers' markets, and a self-sufficient food system.
- ◆ Mandatory education about agriculture in schools – not only growing gardens but also information about the food system – the difficulties and the opportunities.
- ◆ The mandate needs to be broad enough to include globalization and trade policies and that there could be a sub-group bring to the Council information about the impacts in different areas. Important to

recognize our major export crops in this. Discussed whether Council should have a legislated mandate or not.

- ◆ Realize that changing the world economic order may take a little while – but peak oil may do it for us. In the meantime working for some sort of certification such as Lori has described would indicate products that are local. If we were to empower Regional Economic Development Agencies to assist farmers who are creating local value – helping to get them to the point where price competition from external products is off-set by peoples decisions to buy locally.
- ◆ Food Policy Council Provincial - but also bio-regional to take advantage of knowledge of local conditions.
- ◆ Common ground between conventional and organic practices. Working towards government policies that level the playing field of cost.
- ◆ We focused on education for all the various parts of the food system, working locally and regionally and integrating the learning across the board. We also felt it is important to address the leadership gap that exists currently, and we see the FPC as one of the ways to do that but we agreed that the word policy might not be necessary – food strategy or council – the focus needs to be on action and not just policy. We also talked about asking government to form an inter-departmental Ministerial Committee which would be the Food Committee bringing together Ministers and Deputies from all those sections that have pieces of the food system as part of their mandate.
- ◆ Unconventional alliances and building connections across sectors, cross-fertilization between farmers and fisher and connections there and between small-scale and large – collaboration rather than competition. Trends with raising awareness using internet and social media and direct marketing. Working together and working differently.
- ◆ We could not agree on a single item. So our message is – pick something, do it, but don't do it alone.
- ◆ Our priority is to open new channels of communication between producers and consumers – by a variety of means. Also we need more gardens! That will open up a whole new world of awareness of the true value of food!
- ◆ There are thousands of acres of farmland lying fallow in this Province so let's figure out a way to get young people farming organically, and don't equate local food with safer food.
- ◆ We need to make farming profitable for all sectors.
- ◆ We all agreed that we need more education at all levels; the importance of family meals; schooling for producers at all levels; educating politicians and bureaucrats about food; the economic importance of food; the health benefits, and the pleasure of food – and of a strong local food system.



Janet Rhymes and Corrie Melanson
See What You Mean Graphic Facilitation



Janet Rhymes and Corrie Melanson
See What You Mean Graphic Facilitation

Closing Lunch – Putting the Pieces Together

Keynote speakers: **Pete Lockett**, Owner of Pete’s Frootique, Media Personality and Farmer; **Michael Howell**, Owner and Chef of The Tempest and Convivium Leader of Slow Food Nova Scotia and **Richard Melvin**, President of Melvin Farms and President of the NS Federation of Agriculture.

Pete Lockett:

- ◆ Not only am I a retailer, I am a farmer as well.
- ◆ There are three types of farmers: the first farmer is one who is selling directly to the consumer; the second farmer is one who is selling to the local market place (i.e. mainstream grocery stores) and the

third farmer gets into processing and supplies the world. Once you have become the commodity farmer it is a tough price market.

- ◆ With my business, we used to have strategic planning meetings every four to six years, then once a year, and now every six to twelve months just to meet the rapid changes in demand, and changes within the food industry on the whole.
- ◆ During this period of change, it is scary. You have to be a risk-taker to survive today.
- ◆ We have always been a big supporter of local; it is alive and well. In my mind, the customer is in charge and not the farmer. We can't impose change on our customers. We can only educate them. They are the ones who are paying for our products and services. We in Nova Scotia have the good life and it is when life is good for us that change is so difficult.
- ◆ Our customers want choices. We have an affluent society; you can't tell a customer what to eat. I am not here to defend the mainstream grocery stores; they evolved into who they are today. I am sure they did not start out to be the machine they are today. And, it is difficult to change the machine.
- ◆ On a recent trip home to England, I saw too that the large-scale grocery stores have evolved but also saw the growth of the roadside stands taking off as the dissatisfaction grows with the larger stores. What do you have to do to evolve? We have to be different from our competition. It is difficult sometimes to be the first but it is possible to be the best or different.
- ◆ I need to stress that authenticity is an important attribute for the success of local food.
- ◆ Everybody has got to take a role in the success of the local market.

Michael Howell

- ◆ I encourage the farmers and the audience alike to have a vision and make it simple.
- ◆ No matter how much local food I buy (on average \$200,000 per year) it means nothing if my customers don't want it.
- ◆ We have to work together to solve our problems. We need to determine what is important to our food culture and preserve it.
- ◆ Food education is tantamount – we need to educate our kids about good, healthy food.
- ◆ We cook what our children will eat, therefore we need to educate our children on healthier choices so they ask for it at home.
- ◆ We need to save our specialty food sectors such as the hog industry and where possible that can be helped by adding value to the food we produce.
- ◆ Nova Scotia's economy is driven by tourism; people come for our food.
- ◆ If People citizens take pride in food then maybe they will pay a little more for it.
- ◆ There is something called an 'ark of taste'
 - ▶ The idea is that we must preserve foods that are in the process of being forgotten through the movement towards standardization
 - ▶ Red fife wheat was mentioned earlier today, and this is a good example.
 - ▶ We need to expand what we eat and preserve the forgotten.

Richard Melvin:

- I want to thank the organizers for this Summit. I think it's a foundation piece that we can build on.
- ◆ I am here on behalf of the 2600 farm families in Nova Scotia.
- ◆ The Nova Scotia Federation was founded in 1895 and many of our farms are multi-generational.
- ◆ We have a way of doing business and developing policy that involves our affiliated producer groups from beef to pork to horticulture to poultry to



dairy to fruit, and each sector have slightly different dynamics that are driving it but at this point in time the overarching dynamic is the same.

- ◆ Our mission at the Federation is to ensure healthy agriculture in rural Nova Scotia both economically and environmentally.
- ◆ Agricultural policy development is not keeping up to the realities of what is happening on the farm or society in general
- ◆ At the farm level, we are faced with increasingly globalized markets. It's part of our economic reality that we do export but the challenge is the increasing consolidation of the processing and retail marketplace.
- ◆ This is the main reason why farm income levels are at all-time lows – in five of the last seven years farm income has been negative on average across all commodities.
- ◆ Currently at farm-gate we generate \$450 million but we're losing money. We need to get 5-10% of this back to our farmers in order to turn that loss position around – that would be \$20 to \$40 million per year.
- ◆ The Province, on behalf of Nova Scotians, does invest \$60 million per year in agricultural programming and the Federal Government invests \$30 million
- ◆ But you very quickly learn that the actual discretionary dollars available to be spent are very limited when you take our overhead, salaries, ongoing expenses and programs.
- ◆ So there's very little actual money there to work with, especially in our Province, given the financial situation that our Province is in.
- ◆ In the Department of Agriculture, for example, I would estimate that out of that \$60 million there is only \$1 - \$2 million per year that can be utilized to meet some goals – and you can compare that with the \$20 - \$40 million I mentioned a moment ago.
- ◆ Nova Scotia farmers are carrying an all-time high debt of \$700 million on \$1.7 billion of assets.
- ◆ The average age of farmers is 56 with not nearly enough young farmers coming into the industry.
- ◆ We meet with potential young farmers but the cash flow and the ability of these young people to finance farms makes it very difficult – it's almost mission impossible at this point.
- ◆ The stage is set, unfortunately, as it stands today for significant deterioration and loss of capacity at farm level if we do not change at both farm and public policy levels.
- ◆ In this regard the Federation, as part of our ongoing policy framework, is going to recommend the formation of a Nova Scotia Food Policy Council to advise the Premier and other elected officials and the public in general on food-related issues.
- ◆ This has worked through our Council of Leaders and our Executive to bring it to our annual meeting next month when it will formally become part of our ongoing effort as a Federation to advocate for the formation of the Food Policy Council.
- ◆ These are the reason why I think the Council is necessary:
 - ▶ These are overarching, global issues
 - ▶ They touch on many elements of the economy
 - ▶ We need to have a broad solution
 - ▶ We need a process that's sustained, transparent, factual and visionary
 - ▶ All the levers of public policy must be brought to bear in order to achieve a successful outcome
 - ▶ We need the resources of all Departments including agriculture, health, finance, economic renewal, education, tourism and others to be utilized to achieve our goals
 - ▶ For example, I believe climate change is occurring faster than we thought even five years ago and food and environment are intimately linked, so we have to bring solutions to the table in terms of both food and environment

- ▶ Agriculture can bring forward solutions for the environment, for renewable energy, for a sustainable economy
- ▶ Taxation policy is a key tool that government can use to encourage things we want to happen or discourage those we don't. We need to work towards tax policy that stimulates sustainable food production – we need to put our energies into solutions such as this.
- ▶ We need facts and science and research and education that will inform the public about all aspects of the food system.
- ◆ Sustainable food production and energy production are absolutely within our reach, but we have to have a vision and we have to have a plan and we have to make it happen.
- ◆ We need the vision, the elements are here, and we don't have forever.
- ◆ For farming we have 5 years to turn the corner
- ◆ We need a Nova Scotia Food Policy Council and we need it now.
- ◆ We need it to be visionary and not get bogged down in what the next study will show.
- ◆ We need to act on what we know today and evolve direction.
- ◆ So we look forward as farmers to working with this process and playing a support role within it and within our wider community.
- ◆ Thank you, absolutely thank you for your participation through all the meetings. The information that I've heard is giving hope to farmers – and that's worth a lot.

Messages from the organizers

The Nova Scotia Food Summit was planned to get healthy local food on the table. We did that - in the conference room and the dining room! The participants represented almost every part of our food system. We shared our knowledge and enthusiasm and discovered a willingness to bring our collective energy to finding solutions for crucial problems.

The Food Summit was held at The Old Orchard Inn that overlooks both the highway that carries the imported foods we often choose, and the farmland that can grow much of the food we need. We send out of the Province far too much of the \$2.3 billion yearly that we spend on food. Many of us are eating too much nutritionally deficient food, and others aren't able to afford the food they need. Farmers are failing and young people are unable to afford to farm. We've forgotten the value of food relative to the value of material goods.

Over three days about 230 people made it clear that they're ready to address these issues. The single most important outcome of the Summit was the realization that we truly are in this together. Many of the solutions, including good policies, have already been clearly identified by individuals, organizations, Government Departments, Universities, businesses and others. What is different as we look forward from the Summit is a shared responsibility for bringing those solutions to a "Food Policy Council" table. A Provincial Council, comprised of representatives of all parts of the food system, learning from one another, will be able to advocate for policies that will insure healthy, sustainable food for our future.

I want to thank everyone who attended the Summit. Many volunteers contributed time and energy before and during the event, and every participant came to share, and gain, information. We are all helping to ensure a more food-secure future.

Linda

I knew deep down that the Summit would unfold with the spirit that it did. Any doubts that I had revolved around our frailties with respect the organization and coordination of the event. These doubts were unfounded, because our little Energizer Bunny, also known as Linda Best, marched and beat the drum until everything was in order. The opening panel was auspicious and bang on, coinciding with the feelings of your humble organizers. The folks that were assembled were diverse, and eager to help out. Time after time, every one of them implied that no progress would be possible until everyone started to work together. After a while, it soon began to sink in that the "everyone" that they were talking about was himself or herself. This occurred at about the midpoint of the Summit, and the speakers from that point on kept throwing fuel on the growing fire. From the time it began on Sunday, and ended with the endorsement of the Food Policy Council on Tuesday, there was a consistent ever-increasing energy that Linda, Edith & I are proud to have had a hand in.

Alan





Thanks to everyone for helping to make the Nova Scotia Food Summit a great success. While the Summit is over, and with this report essentially “wrapped up,” this is really only the beginning. How we measure the success of a conference like this is not in the number of solutions that were presented or created, but in all the great questions that were generated from our discussions. These questions will form the basis for future discussions and actions that will help us resolve many of the paradoxes that we are grappling with as we move forward.

As demonstrated in this report, a wide variety of positions and concerns were presented at the Food Summit. In three days we heard from farmers, social workers, nutritionists, health care practitioners, agriculture policy makers, educators, politicians, grocers, community advocates, and more. The pictures that were painted by many of the presenters were scary to say the least – from the inability for many people to put nutritious food on their tables, to the inability of farmers to make a decent living wage; from a failing natural environment, to an expensive and overburdened healthcare system; from an educational system that does not adequately equip people to deal with complex issues, to the pressure we all feel to just find a solution and get it fixed. However, even given all the dire statistics, the overall mood of the conference was positive. Toward the end of the Summit people were expressing the sentiment that as a society we know what the problems are, the studies have been done, and now we are ready to do the hard work, together, to tackle the issues.

Initial discussions have begun around creating a Provincial Food Policy Council for Nova Scotia. As momentum around the Food Policy Council builds, those of us involved will work to continue to make sure that broad representation of interests and concerns is held. If you are interested in being part of these discussions please let us know – there is always more room at the table.

Regards,
Edith

Comment Cards

Encouraged by the organizers of the Nova Scotia Food Summit, participants at all sessions were asked to leave behind comments on the Summit both in general and on the panellists.

The most powerful force for change in the food system will be changing patterns and consumers demand. Work with school age children with introducing them to the pleasures of cooking and eating fresh and local. The government should require support for this.

What if we had a Department of Food? In the immediate/short term, ask our government to form an interdepartmental/minister's committee on food, agriculture, education, health, aquaculture, etc.

We need to consider that all Canadians need a living wage. With this at the centre, we can ensure that people can afford to eat and farmers are paid for their significant contributions.

Basic nutritious diet must be defined (i.e. ingredients and cost) Dietitians and school boards MUST get together to design “basic nutrition” diet for school lunches. I helped with a breakfast at an elementary school in the Valley area. The breakfast consisted of toasted white Wonder bread, cheese whiz, and sugar cereals, etc. where are the policy

makers who would hopefully disapprove of this diet. Why not cooking schools - evening classes for those households who are anxious to prepare a nutritious, low cost meal?

Do consumers want healthy nutritious food or do they want convenience foods???

A tax on junk food to pay for food educational programs in all primary schools.

Is there really a demand for local food from the general (96%) population? When asked, these people say they value local but when they shop, they don't vote local with their dollars. Why not? Are they confused about their values, too stressed to act in line with them? How do we find out what consumers want, what they're willing to pay for and help them discover what they need to be healthy and live in a vibrant food secure community.

A new entrant policy needs to be put into action. It's not easy to start and it is expensive.

Organic versus conventional. Can we ensure a regulatory, quality product at a constant supply needed to satisfy the consumer? While tending to the environment, economic, social and personal (income) obligations?!

We need to have sensible transportation to connect us and food to plates. Trains.

Plastic is a problem! We have to start viewing it as a scarce and high value product.

Can households afford a basic nutritious diet – yes? Faculty of Nutrition and Dietetics at Acadia should partner with family social services, school boards, food bank directors, etc to explain and cost affordable, nutritious diets – a continuous education program. Why not night school classes explaining nutrition and cooking classes to demonstrate cost versus eating crap at McDonald's. Educators and policy makers must MUST leave their offices and interact with people. How many nutrition specialists and school board officials meet with farm producer organizations to design a school lunch program? Do egg producer organizations provide eggs for elementary school breakfast programs? The many parts of the food system never talk with one another. How many producers have been asked to talk to a nutrition class at Acadia? Lower income families CAN eat well IF they are shown how!

When I heard the title "Summit", I envisioned a discussion where a conclusion is built, where discussion happens. The monologue nature of the event so far I find tiresome, oppressive, and frankly boring. I would like to see a question posed to the whole group: tables discuss for ten minutes and report to the group at large. That way we could actually meet each other, discuss, engage, and learn. Encouraging private discussion I think is less valuable than collective discussion. Unfortunately, the format is still very individualistic rather than instilling systemic collaboration.

Reconnect with the spiritual nature of food and earth – and not shy away from this as flaky or unscientific.

Government support for the setting up of "Food co-ops" which make fresh food very affordable to low income families.

"Value add" or niche market thinking versus teach and learn how to eat and prepare more whole food (less "value added" food).

People who cannot afford food versus farmers who need to be paid more for their food.

How do we bring food and agriculture into Liberal Arts Education – make farming possible occupation – make it seem "cool".

Great that Capital Health is going healthy! Why not use this opportunity to also go local and organic/sustainable? Otherwise we're wasting a wonderful opportunity to create a more sustainable local economy?

Biographies:

Dr. Sara Kirk, PhD, holds a Canada Research Chair in Health Services Research at the School of Health Services Administration and cross-appointments with the IWK Health Centre. Her research incorporates a social-ecological approach to understanding lifestyle factors influencing health status and health service utilization related to obesity. Sara is the Dalhousie Site Principal Investigator for the Atlantic Regional Training Centre—a collaborative venture between four Atlantic universities to build health research capacity. Sara obtained her Bachelor of Science in Dietetics from Leeds Metropolitan University in the UK and spent 10 years working as a dietitian in the UK health system specializing in mental health, obesity and eating disorders. She received her PhD in Nutrition and Psychology from the University of Leeds before taking a research position with the Nutritional Epidemiology Group at the University of Leeds. She moved to Canada in 2006 to take up her CRC position.

Barb Anderson became the Director of the School of Nutrition and Dietetics at Acadia University in August, 2009. Prior to this appointment, she has worked in Public Health as a Public Health Nutritionist, Public Health Manager and last year as Acting Director for three District Health Authorities in western Nova Scotia. Previously, Barb has been Chair of the Board of Directors of Dietitians of Canada, President of the Canadian Foundation for Dietetic Research, and Chair of the South Shore Family Resource Association Board. Currently she is on the Board of the Public Health Association of Nova Scotia and a Fellow of Dietitians of Canada. Barb has played an active role in the Nova Scotia Food Security Provincial Partnership since its inception, helping to move forward the most recent food security research agenda in Nova Scotia. You may remember Barb as the 'nutrition voice' on the Maritime Noon phone-in for 20 years.

Ray Ivany became the 15th President and Vice-Chancellor of Acadia University in April 2009. Originally from Sydney, Nova Scotia, Ivany was previously Chair of the Workers' Compensation Board of Nova Scotia and a Principal of the consulting firm, Ivany and Associates. He is a board member of the Canadian Council on Learning, the Halifax Prior Learning Assessment Centre, and the Leading Edge Endowment Fund B.C. Regional Innovation Chair program. Between 1998 and 2005, he was President and Chief Executive Officer of Nova Scotia Community College (NSCC) and, prior to that, served as Executive Vice-President at the University College of Cape Breton. During his tenure at NSCC, he led a period of transformation, rapid growth in enrolment, and major expansion of campus infrastructure that has made the school one of Canada's most highly regarded college systems. Ivany has also advised various levels of government through appointments to the National Roundtable on the Environment and the Economy, Ontario Investing in Students Taskforce, and the Nova Scotia Premier's Fiscal Management Taskforce. He has also served as a board member of the Greater Halifax Partnership, Canadian Merit Scholarship Foundation, Halifax Chamber of Commerce, Atlantic Provinces Community College Consortium, and the Maritime Provinces Higher Education Commission.

Pete Lockett, master storyteller, author, professional speaker, and media personality has been delighting international audiences for over 15 years with his energetic presentation style. Whether Pete is interacting with his customers at Pete's Frootique, or harvesting fresh insights for corporate audiences - Canada's most talked about greengrocer serves up practical lessons from the entrepreneurial front lines with wit and wisdom. As one of Canada's leading independent retailers, Pete Lockett delivers innovative and engaging presentations focusing on a variety of business management topics including customer service, consumer experiences, employee motivation, change management and retail merchandising. Growing a successful business requires creativity, innovation and the ability to differentiate yourself from the competition. Pete Lockett has masterfully crafted his own business using these important cornerstones. Sleeves rolled, and spirits high, Pete mentors his staff in the delivery of an over-the-top customer care program. Regardless of industry, managing your customers' experiences is key for companies who want to remain on stage long-term!

Michelle Murton, MSc., PD.t, has been a Registered Dietitian with the Nova Scotia Department of Health Promotion and Protection for the past five years. Her primary role as Nutritionist for School Age Children and Youth is supporting the Department of Education, Department of Health Promotion and Protection, and the Department of Agriculture in the development and implementation of the Food and Nutrition Policy for Nova Scotia Public Schools. Michelle holds a Bachelor of Science in Nutrition from the University of Saskatchewan and Master of Science in Experimental Medicine from the University of Alberta. Prior to beginning her career in the

provincial government, Michelle worked as a Public Health Nutritionist with the School Health Program in the Capital Health District. In this role she worked with many partners to increase the capacity for healthy eating in settings frequented by children and youth. Michelle has been a nutrition lecturer at Mount Saint Vincent University and Dalhousie University.

Av Singh, PhD, PAg. – Organic & Rural Infrastructure Specialist, AgraPoint, works predominantly with organic and small-scale farmers on issues of production, processing, and marketing of agricultural goods with special interest on the local economy and rural sustainability. Av's graduate and post-doctoral work focused on pasture-based livestock production, providing the foundation for his continued work on extending holistic, system-based solutions for farm management with emphasis on soil health. Av has authored over 75 extension articles (he is a frequent contributor to *The Canadian Organic Grower*), has been an invited speaker to over 250 workshops, conferences, or symposia, and has had the privilege of being invited to over 700 farms across Canada.

Richard Melvin is President and co-owner of Melvin Farms Ltd, a 5th generation family farm located near Canning, NS that specializes in the production of fresh vegetables for sale throughout Atlantic Canada. Richard graduated from NSAC with a diploma in Agricultural Engineering in 1975. In 1983 he was awarded a Nuffield Farming Scholarship during which he studied Vegetable Production and Marketing as well as agricultural policy in Europe. Richard has served as a director of Acadia Centre for Small Business and Entrepreneurship, Feed Nova Scotia, Nova Scotia Potato Marketing Board and as President of the Nova Scotia Vegetable & Potato Producers Association, Kings County Federation of Agriculture, Horticulture Nova Scotia, and Kings Produce Limited and Kings Processing Limited. Richard has been an executive member of Nova Scotia Federation of Agriculture since 2005 and President since November 2008. Richard and his wife Jacqueline have 3 children, a son and two daughters all of whom have or are taking Business Administration Degrees at Acadia University.

Jamey Coughlin is a Business Development Specialist with the Select Nova Scotia program of the Department of Agriculture. His focus is on fostering entrepreneurship, alternative food enterprises, researching new opportunities and working with new entrants. He serves as an advisor to ACORN (Atlantic Canada Organic Regional Network), Farmers Markets of Nova Scotia, the Truro Farmers Market and the Nova Scotia Food Security Network. Jamey's academic background includes an Honours B.A. in Geography from McMaster University and graduate work in Rural Planning and Development from the University of Guelph. Jamey and his wife Roxanne grow gourmet greens and other artisan vegetables.

Ralph C. Martin, is the Founding Director of the Organic Agriculture Centre of Canada (OACC) and maintains responsibilities as a Professor in the Plant and Animal Sciences Department of the Nova Scotia Agricultural College (NSAC). As a farm boy, Ralph learned what is essential and important about agriculture from his grandfather. His formal education includes a B.A. with philosophy and liberal arts courses. During his M.Sc. and Ph.D studies he developed a keen interest in intercropping. His love of teaching grew unexpectedly when he began teaching at NSAC, in 1990.

Chris Power began her health care career as a frontline nurse and since has served in progressively more responsible leadership roles, both in Halifax and at the Trillium Health Centre in Ontario. In 2006, Chris became the president and CEO of Capital Health where she provides strategic leadership to an organization that serves the health needs of the residents of Halifax Regional Municipality and West Hants and patients throughout the Maritimes. Chris holds a Bachelor of Science in Nursing from Mount Saint Vincent University and a Masters in Health Services Administration from Dalhousie University. She is a Certified Health Executive with the Canadian College of Health Service Executives, and holds a Fellowship in Management for Executive Nurses from the Wharton School, University of Pennsylvania. In 2003, she received the Award for Excellence and Innovation from the Canadian College of Health Services Executives, and in 2007 received an Award of Excellence from the Halifax Progress Club. In 2007 and 2008, she was named one of Canada's Top 100 Most Powerful Women in the Public Sector Category.

Joan Baxter is a Nova Scotian journalist, anthropologist and award-winning author, who has lived and worked for 25 years in Africa. There she has reported for the BBC, Associated Press, and CBC and her work has appeared in many other publications. She was Senior Science writer at the World Agroforestry Centre with its headquarters in Nairobi, and during this time visited farmers throughout Africa and in Asia, where she developed an intense interest in sustainable development and agro-ecological agriculture and local food production. She holds a Masters

in Anthropology from the University of Alberta and Journalism at the University of King's College. She is the author of five books, the latest of which, *Dust From Your Eyes - An Unblinkered Look at Africa*, was shortlisted for the Dayton Literary Peace Prize. She divides her time between Tatamagouche and West Africa. She is also a board member for USC Canada's Seeds of Survival.

Don Black is the Coordinator for Farmers' Markets of Nova Scotia Cooperative Ltd - a cooperative of eleven Farmers' Markets within the province. He has 30 years experience working in NS community-based development, specializing in communication for civil society and has extensive experience working with voluntary organizations to generate effective learning with appropriate technical support in the fields of adult education, literacy, social marketing, and local food retailing. Don is a board member of the Organic Council of Nova Scotia, Nova Scotia Cooperative Council and the Farmers' Market Development Cooperative. He is a founding member of Farmers' Markets Canada and a member of the Longhouse Housing Co-operative and Chebucto Community Net.

Dr. Janet Eaton, is a Wolfville native, and a part-time academic who has taught at Dalhousie, St. Mary's and Acadia Universities. She is also a researcher, writer, public lecturer and consultant who has spent over three decades working locally, nationally and internationally for fairer and more environmentally sound social and economic policies. In latter years she has been most active in researching and educating about the negative impacts of economic globalization and its disciplines such as free trade and de-regulation. She is presently researching the impacts of the agribusiness model on agriculture, small farms and food security.

Lindsay van de Riet grew up on a dairy farm with her family situated in picturesque Shubenacadie, Nova Scotia. She is currently the secretary/treasurer of the Halifax-East Hants Federation of Agriculture and working towards a degree in Agriculture Business from the Nova Scotia Agricultural College. Lindsay is also a co-leader for the "Real Skills" Project being piloted in the Halifax-East Hants 4-H county this year.

Alan Stewart grew up on the family farm in Hortonville, attended Acadia University and the Technical University of Nova Scotia and received a Masters Degree in Engineering. He returned to purchase the family farm from his father in the mid 80's and began the conversion to certified organic production, focusing primarily grass-fed beef. He has since introduced apples, berries, grain, asparagus and various vegetables to his farm. He has been a vendor at the Wolfville Farmers' Market since its second year and played an instrumental role in its early development by encouraging a healthy relationship between producer and consumer. Alan's work off-farm has been within the agri-food sector, holding previous positions with Stirling Fruit Farms, Scotian Gold Cooperative and The Cider House Limited. He is the former President of the Wolfville Farmers Market Cooperative Ltd, Nova Scotia Organic Growers Association (NSOGA), and the Atlantic Canada Organic Regional Network (ACORN). He currently sits on the Grand Pre and Area Community Association Board of Directors. He is married to Janice, and has three teenagers Emily, Connor and Will. Alan's role in the organization of The Nova Scotia Food Summit represents the culmination of his ongoing battle to re-establish the relevance of the Nova Scotian family farm.

Michelle Smith has been a grower-member of Seeds of Diversity Canada for twenty two years and a market gardener and farmer for twenty years, using standard organic practices. She owns two small, certified organic mixed fruit and vegetable farms on the North Shore and in Skye Glen, Cape Breton. She specializes in heritage varieties that adapt well to northern Nova Scotia's challenging climate. Michelle volunteers for USC Canada's Seeds of Survival as a speaker, and runs school- and community-based gardening and seed-saving workshops around the Maritimes. She also writes articles on gardening and agricultural issues for community newspapers and is a director of the Inverness-Victoria Federation of Agriculture, representing alternative producers.

David Greenberg has been a farmer and educator for 14 years. Currently he lives and farms in Black River, NS at the Lorax Woodlands. His latest project is called "Entering The Stream" – a residential program for people who want to explore the health benefits of gardening and whole food nutrition. To learn more visit www.blackriverfarm.net

Bruce Roberts, Ph.D., P.Ag. studied Business, Policy and Agricultural Economics at Mount Allison University, Nova Scotia Agricultural College, University of Guelph and the University of Illinois. He interspersed his education with employment throughout Eastern Canada in agriculture, the retail food industry and as a small business banker. Bruce's interests lie in rural economic development and he has been employed and consulted in many rural-related sectors. He was also a member of a Provincial Working Group to design a transition program for the Nova Scotia agricultural industry. Bruce has carried out research studies of agricultural contracts, commercial credit, commodity pricing, small business financial structure, and value chains. Prior to attending the University of Illinois, he worked

as a small business lender with Royal Bank of Canada in Ontario and Nova Scotia. Bruce is a principal in Kelco Consulting Ltd. located in Kentville.

Dr. Edith Callaghan is Associate Professor of Business Strategy and Corporate Social Responsibility at Acadia University, and the Director of the Academy for the Environment at Acadia. Edith came to Acadia from Boston nine years ago, and having seen during her life the erosion of community and local agriculture, as the mother of three young girls she actively supports sustainability in every aspect of life.

Jennifer Scott studied Biology, International Development, and Economics as an undergraduate student, then earned a Masters of Environmental Studies at Dalhousie University in Halifax. However, most of her real education happened while working on farms. She has worked part-time since 1998 as a GPI *Atlantic* agriculture analyst. She also started and runs Heliotrust. She loves trees, milk cows, raspberries, cycling, swimming, skiing, dancing, and making really good compost.

Thomas Krausse has lived in Nova Scotia for over 30 years, moving to Wolfville in 2000. He has always had an interest in nature and a desire for a supportive community, and he has found that living here. You will see him and his partner Jayn at the Wolfville Farmers Market most Saturdays enjoying the food, music and people there. Thomas was a founding member of the Deep Roots Music Cooperative, a member of the New Farmers Gathering steering committee, and heads up the Dandelion Community Investment Cooperative. This is an organization that is dedicated to keeping investment in our community and supporting local entrepreneurs. Thomas is extremely passionate about local agriculture, preserving farmland and local economy.

Gordon Michael has a background in Community Education and developed programs to address youth at risk, unemployed adults, minority groups, and men, and he developed the Halifax Inner City Initiative to address employment barriers preventing individuals within Inner City Halifax from gaining employment. Gordon completed a yearlong research initiative with the Farmers' Market Cooperative of Nova Scotia to identify challenges and opportunities in local food production and distribution and strategies to attract and retain individuals within the industry.

Linda Best grew up on a mixed farm - dairy, apples, field crops - in Somerset, NS. She has been involved with the QEII in various capacities - Microbiology, Research, CDHA Board - ever since graduating from Acadia. Combining her deep farm and medical roots, she operated a pick-your-own apple orchard for ten years while working at the hospital. Seven years ago she decided that gardens and a woodworking shop near Wolfville were more important than access to downtown Halifax, so now she supports local restaurants and events. A life-long interest in most everything under the sun, combined with an interest in getting things done, has evolved into concern that we must all start making choices that sustain, rather than drain, the earth's limited resources. Friends of Agriculture is an outcome of that concern, shared with others who understand that dealing today just with symptoms won't provide a cure for tomorrow.

Lil MacPherson, the founder and co-owner of the Wooden Monkey Restaurant and Chair of BALLE-NS, is a true Maritimer, born in Nova Scotia and the mother of two boys. She loves great food, a good bottle of wine and enjoying a long meal with friends or family. After spending 25 years in the food service industry, in 2004 she followed her life long dream to open a restaurant which would bring to Halifax an environmentally conscious restaurant, The Wooden Monkey, which offers local and organic food. Lil's vision of providing healthy and organic living has come to life and is growing in popularity by leaps and bounds. The Wooden Monkey has been honoured by the Halifax business community as being "The Best New Business of the Year" and recently received a Maritime Business Ethics Award from the Better Business Bureau. This award demonstrates that passion, dreams and a lot of hard work can bring recognition to important issues that, through awareness, can bring us all to a more sustainable and environmentally sound world!

Gary Lines, BSc Dalhousie, and BSc Meteorology Toronto, in his career with Environment Canada, has worked in Alberta and the Atlantic Provinces as a weather forecaster, lead meteorological instructor at the Transport Canada Training Institute, and Manager of the Meteorological and Oceanographic Centre at the Canadian Naval Dockyard in Halifax. His experience spans 30 years and most areas of Canada and the offshore. In 2000 he joined the Climate Change Division of Environment Canada Atlantic and in 2006 he was appointed the Manager of the Climate Change Section, to focus on the science, impacts and adaptation issues related to climate change in Atlantic Canada and he has become a regional science resource on that topic.

Mark Austin Masters Diplome, International Law of Human Rights, Univ. of Strasbourg, Wild Blueberry Farmer, Sustainability Coordinator. Mark's roots are in Cumberland County, where he continues to farm with his dad near Collingwood. In his mom's hometown of Springhill, his grandfather was a coal miner who then, after the final bump, ran Godfrey's Groceries with Mark's grandmother. His parents live in Truro. A Canadian Armed Forces upbringing and educational pursuit has had Mark living in six provinces and five countries. He returned to Nova Scotia in 1989 and has been here since. He and his wife Debby, coordinator of the Truro Farmers' Market, have built an environmentally innovative home near Old Barns. Mark's diverse career has included community development work, university teaching, film production, farming, and policy consulting. Along with production work on nearly twenty projects, his film services company has successfully marketed Nova Scotia as a location to dozens of visiting producers on behalf of the Province.

Lori Stahlbrand is the founder and President of Local Food Plus (also known as LFP), an award-winning non-profit organization that brings farmers and consumers to the table to share in the benefits of environmentally and socially responsible food production. Before launching LFP, Lori was a well-known CBC journalist and broadcaster, a food policy consultant, a university professor, and the co-author of the Canadian bestseller "Real Food For A Change." She has been a member of the City of Toronto's Food Policy Council, an advisor to the Laidlaw Foundation, and a member of the Ontario Minister of Agriculture's Strategic Advisory Committee. In 2008, Lori received a "Woman of the Earth" Award from the Yves Rocher Foundation for her contributions to growing local sustainable food systems. Also in 2008, Local Food Plus won a Green Toronto Award in the Market Transformation category, and, most recently, the Gold prize in the Sustainable Living category at the Canadian Environment Awards. Lori holds a Masters Degree in Environmental Studies from York University, and was pursuing a PhD when she decided to found Local Food Plus.

Pete Luckett is an entrepreneur and media personality who is known as a culinary fruit and vegetable expert. Originally a native of Nottingham, England, he moved to Canada in 1979 settling first in Saint John, then in 1990 he moved to Bedford and he now lives in Gaspereau. Pete is a master storyteller, author, media personality and Canada's Favourite Greengrocer and he's been delighting international audiences for over 15 years with his energetic presentation style. Whether Pete is interacting with his customers at Pete's Frootique, or harvesting fresh insights for corporate audiences, Canada's most talked about greengrocer serves up practical lessons from the entrepreneurial front lines with wit and wisdom.

Debra E. Reimer, MSW, RSW, has attained a BA (Psych), a Diploma in Counseling and a Master of Social Work degree. She did this while raising two children and receiving social assistance. She graduated from Acadia University in 1992 and from Carleton University in 1994. She began working in direct programming with the Kids Action Program (AVH CAPC) in the fall of 1994; she is now the Executive Director. Debbie has been involved in Food Security/Insecurity issues for a very long time, first personally and then professionally. She began working with Dr. Patty Williams around Food Costing and Food Security about 9 years ago; she continues to be involved in that work. The Kids Action Program has a huge interest in Food Security and Insecurity and has done a great deal of work to address the issues. She is also a member of the Nova Scotia Food Security Steering Committee, the HENS Steering Committee and is involved in a number of local initiatives in East Hants and Kings Counties.

Michael Howell is the proprietor of Tempest Restaurant in Wolfville, Nova Scotia. Michael is the leader of Slow Food Nova Scotia, co-chair of the Valley Pumpkin Festival, sits on the board of Taste of Nova Scotia and is a Vice President of the Restaurant Association of Nova Scotia. He also sits on the Nova Scotia Government's Tourism Partnership Council. He is a *Maitre Rotisseur* of La Chaine Des Rotisseurs and a member of the Nova Scotia Association of Chefs and Cooks. Michael has been invited twice to cook at the prestigious James Beard House in New York City. He is a graduate of Dalhousie University (1983). Michael appears regularly on television, radio and in print. Michael recently published his first cookbook, ATLANTIC SEAFOOD.

Lew Robicheau is the son in L.J. Robicheau & Son Fisheries, Middleton, and he supplies locally caught fish to Paddy's and Rosie's Restaurants and other restaurants.

Marla MacLeod is the Food Miles Project Coordinator at the Ecology Action Centre. Before starting her staff position, Marla had been a volunteer with the Ecology Action Centre's Food Action Committee since 2004. She is

the co-chair of the coordinating committee of the Nova Scotia Food Security Network and a board member of BALLE-Nova Scotia – the Business Alliance for Local Living Economies. She has a Master of Environmental Studies from Dalhousie. Her thesis research focused on the social and economic opportunities and obstacles facing organic farmers in Nova Scotia.

Angela Patterson MSc. Rural Extension Studies, University of Guelph, is the President of the Wolfville Farmers Market Cooperative Board of Directors, Chair of the Organic Council of Nova Scotia, Vice-President of Atlantic Certified Organic (ACO) and a board member of ACORN. She sits on the CGSB livestock technical working group in support of the OPR, currently a member of the Pig Task Force. Angelhoeve Organic mixed Farm located on the top of the North Mountain, is home to Berkshire pigs and Saanan Goats, Dorper and Kathadin Sheep, Muscovy, Pekin and Rouen Ducks and Unimproved Bronze Turkeys. There are a few Guinea Fowl running around on pest patrol! We have an ever growing assortment of berries under development. We sell at the Halifax Farmers Market, where you will find husband Ron Titus selling all things pork, including 12 varieties of 100% meat sausage and at the Wolfville Farmers Market. The farm has been Certified Organic since 2002, previously with NSOGA, currently with ACO.

Darren Leyte, Regional Liaison Officer, has been with Health Canada for 18 years in a variety of roles; currently as the regional liaison for the Food Programme. In this role, he is responsible for policy development, surveillance and outreach on issues related to food in Atlantic region. As co-chair of the NS Food Security Coordinating Committee, he attempts to foster grassroots efforts to address community food security at the local level and inform government policy designed to improve the health status of Canadians.

Greg Connell is a seasoned veteran with over 25 years of experience in the consumer product sector. He has extensive management experience in retail and wholesale food operations in Atlantic Canada. His experience includes managing supermarkets and wholesale produce operations, has been involved in product development, business planning, strategic planning, marketing, research and agritourism. Greg has also worked on behalf of retailers, wholesalers, manufacturers and growers. He has been involved in private label initiatives, key account initiatives, research projects, advertising programs, packaging design, nutrition, food safety, traceability and much more. Greg currently manages Co-op Atlantic's Produce Department, and is a big believer in supplying local food in the region. He is always anxious to share his knowledge and expertise with others.

Patricia Bishop, whose family has run Noggins Corner Farm since Bishops first settled there in 1760, recently bought a 20-acre certified organic farm in the Annapolis Valley with her husband Josh and children Izaak, Lily and Frank. She is President of the Kings County Federation of Agriculture, and she's glad to see opportunities for farmers to diversify their farms and to sell more food locally in a more community-based marketing system. Patricia hand-delivers "shares" of her community-supported agriculture (CSA) harvest to customers in the Valley and in Halifax.

Kim Strickland, who manages the Gaspereau Vineyards has ten generation-deep roots in the Valley, roots that include many well-known farm families that have long contributed to the life to the communities in which they farmed. Kim graduated with a Bachelor of Business from Acadia, is a Certified Sommelier, and has studied wine-cellarling with Bruce Ewart at the Kentville Research Station. Kim, Mark and their children Danielle, Morgan, Rachael and Mackenzie, with four freezers at home, continue the tradition of supporting local food and wine and contributing to the wider community.

Dr Richard Donald is Vice President Research, Extension and Outreach at NSAC. Dr. Donald works with NSAC researchers as a catalyst to drive transition and innovation in the bioresource and agri-food sectors, and closely with AgraPoint and the provincial departments of agriculture. Over the past three years, Dr. Donald has served as Principal and Business Unit Director, International for Jacques Whitford Limited. He led a team responsible for identifying international markets and developing partnerships around the world. Dr. Donald was born and raised in Montreal and the eastern townships of Quebec. He holds a B.Sc. from Mount Allison University, a M.Sc. from University of Guelph and a PhD from University of Saskatchewan. He served as Research Fellow at NSAC from 1992 to 1993. He brings back to NSAC his experiences as a successful agronomy and environment consultant, both independently and with Jacques Whitford Ltd.

Dr. Patty Williams, Principal Investigator, Nova Scotia Participatory Food Costing Project, Associate Professor and Canada Research Chair in Food, Security and Policy Change, Dept. of Applied Human Nutrition, Mount Saint Vincent University. Dr Williams' research currently focuses on food security, participatory research, and capacity building for policy change, and her interests also encompass my past experience in breastfeeding, maternal and paediatric nutrition, community nutrition, and individual and population nutritional assessment. She is collaborating with the Nova Scotia Nutrition Council (NSNC), Atlantic Health Promotion Research Centre (AHPRC) and Community Action Program for Children /Canada Prenatal Nutrition Program Family Resource Centres, the Atlantic Canadian Organic Regional Network (ACORN) and Provincial and National Advisory Committees, on several projects, including a Participatory Food-Costing Project, Story Sharing Workshops on Food Insecurity, a National Environmental Scan of Strategies for Impacting Policy to Build Food Security, a National Pilot of *“Thought About Food? A Workbook on Food Security & Influencing Policy”* and Capacity Building for Food Security Through Mentoring.

Earl Kidston was born in Wolfville, grew up on the farm, was a 4-H member, graduated from NSAC, and is the founder and CEO of the Nova Agri Group including Dykeview Farms and Between the Bushes Restaurant. He is Chairman of Green Diamond Equipment and he developed Planters Square housing development. He is an active leader in Agricultural and business communities including the Federation of Agriculture and Taste of Nova Scotia and the Canadian Horticulture Value Chain Round Table. Earl has received many farming awards and recently a Chamber of Commerce Lifetime Achievement Award. Earl, Nancy and their children Owen and Daniella live in Port Williams.

Ted Hutton A longtime denizen of the Farmers' Market, Ted Hutten specializes in mixed vegetables and herbs---spinach, beets, onions, squash, kale, snap peas, fennel, broccoli, nappa cabbage, zucchini, kohlrabi, carrots, spinach, leaf and boston salad mixes, cilantro and dill---and grows specialty vegetables for the local Asian restaurants. Depending on the time of year, you might also find a harvest of apples, peaches, pears, plums, cherry tomatoes, strawberries and cherries. Ted Hutten recommends eating seasonally, it's better for the local agriculture and it's better for the environment.

Nova Scotia Food Summit – Comments

- We are facing a health care crisis of epic proportions – a perfect storm created by illness, age, poor health practices, a lack of physical activity, poor eating and economics. CP
- Unhealthy citizens: 44% are inactive; 62% eat less than Food Guide fruit and vegetable requirements; 62% are overweight. CP
- Nutrient-poor, energy-dense industrial food is incredibly cheap relative to “real food” SK
- We can't change the world but we can change Nova Scotia – and by doing that we are changing the world. LM
- If you don't take time for your health, you will have to take time for your illness. LM
- It's not about turf – it's about finding the turf we can all share. BA
- If we all join forces imagine what we could achieve – we need to get out of the silos! SK
- We need to develop a “Made in Nova Scotia” policy for our food. FW
- Concern for the many farmers who wonder, “Can I carry on until next year?” PB
- Whether for health or economy or other parts, is not in fixing the little pieces, it is in getting the totality right. RI
- The diversity in supermarkets is basically wheat, rice and corn reconfigured. RM
- We are losing the capacity to feed ourselves because of cheap food flooding local markets. RM
- The general population doesn't care about quality or buying local, if they did we wouldn't be here having this conversation. PB
- One of the benefits of farmers' markets is the bringing together of rural and urban. SB
- We need to give Nova Scotian food the respect it deserves. RJ

- We must now use food as the lens through which we view all aspects of our lives – we live as we eat. LB
- The local food movement is a bottom-up response from civil society. DB
- Will we take on the challenge of making Nova Scotia a destination for outstanding local food and drink? Will we increase employment and health, reduce our carbon footprint by stimulating the local economy, agriculture in particular? DB
- The earthworm is the most important critter on any farm. AP
- After basic monthly expenses are met a single mother with three children has \$108 left for food. PW
- Why and how in Nova Scotia can we allow this to happen - people are hungry and our farms are disappearing. DR
- “We can judge society by how that society treats its most vulnerable”... so how you think we’re doing? BA
- I want to point out those blue government signs that advertise fast food and not local food. GC
- To bring dykeland risk and protection back to the idea behind the Summit, it’s going to take a combined conversation around these issues. GL
- The best tool a farmer, or anyone else, can have is an open mind. MS
- Drop the idea that you have the moral high ground and listen before you talk. MS
- We need to have all Departments working together, all agreeing that they want to see people learning the skills that will help them get healthy food, and all agreeing to invest in that. PB
- There’s lots of infrastructure in churches and halls and schools – using these facilities for continuing education around food for individuals and for sale could be the salvation of the buildings. LB
- **Our message is – pick something, do it, but don’t do it alone.**