

Intentional Eaters Community Supported Agriculture

So I guess this whole urban chicken things is really taking off now. Apparently, several municipalities in Canada have already passed bylaws allowing citizens to keep poultry in their backyard. There's even an Ottawa initiative in the works. We'll see how it goes... I suggested they take some of my fertilized eggs if they wanted to rear their own chicks. Good for them for keeping hens, but I think a rooster on the patio might be pushing your luck with the neighbours!

My first reaction is to encourage this movement. It might be a lot of fun, and an interesting learning experience. People should experiment with caution, however. It might be well worth investing in a good quality chicken coop that easy to clean. The birds probably won't have access to fresh pasture or much exercise, so throwing lots of greens into the run is essential. Practically, it might make more sense to setup community chicken coops. Working in parallel with community gardens, the chickens could enjoy the company of a good sized flock and a large run, and the gardeners could enjoy the manure.

Our own roosters have been pretty noisy these past couple days. Everyone is happy to see the sun!
Everyone, including the tomatoes!

-David and the gang



Today, you will find in your shares:

Lettuce: Red leaf lettuces

Rainbow Chard: One bunch of this beautiful and flexible green. Mince it into salads, saute it lightly, or throw it in a soup. Or stir fry it, blend it in a smoothy, make it into pesto, put it in pasta sauce... You get the picture.

Basil: Here's more basil for your sauces, sandwiches, meats, etc.

Coloured Carrots: Cause they're grrrrreat!

Summer squash: Green ones, yellow ones, scalloped ones... The tender skin on the smaller fruit can be eaten, but you might not want to eat it as it hardens. So, pick smaller squash for stir-fries and sauces, and pick the larger squash for stuffing. Try slicing one in half, covering it in salsa and cheese, and broiling it for a few minutes.

Beans: Another fruit of the summer! These hearty beans are delicious raw or cooked. I love steamed green beans with lots of butter... Take 2 lbs!

Beets: Baby beets from a newer planting. These golden and chioggia beets will get larger over the next couple weeks.

Cabbage: Crispy heads of cabbage make for a hearty meal

Tomatoes: Here they are!!! Frame them on the wall! Woot Woot! We have to harvest them very aggressively to keep the crows from decimating them. Eat the soft ones and leave the firm ones on the counter to ripen.

Peppers: Sweet bell peppers so can really impress your guests with your local veggies

Just Food
in partnership with the **Centretown Outdoor Film Festival**
presents:

MAD CITY CHICKENS

Friday August 14th, 9PM

**at the Centretown Outdoor Film Festival
Dundonald Park (Somerset & Lyon)**

Film screening is outdoors - bring a chair or blanket!

Admission is free, with a suggested donation of \$5

Coming to a backyard near you!

Have you heard that Vancouver allows its residents to have chickens in their backyard? This film is a look at the joys and challenges of keeping urban chickens.

Mad City Chickens is a sometimes whimsical, sometimes serious look at the people who keep urban chickens in their backyards. From chicken experts and authors to a rescued landfill hen or an inexperienced family that decides to take the poultry plunge—and even a mad scientist and giant hen taking to the streets—it's a humorous and heartfelt trip through the world of backyard chickendom.

To learn more about urban chickens, and to be thoroughly entertained, come out to Ottawa's premiere of Mad City Chicken.
Film is 80 minutes long.

For additional information

Mad City Chickens (www.tarazod.com)

Centretown Outdoor Film Festival (www.centretownmovies.org)

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