



Regional Transition Time

THE ORGANIC BOX NEWS

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Regional Produce Transition

We are shifting from buying local produce, to buying produce from warmer places. We will buy as much as we can locally for as long as we can. However, as the weather gets colder we will be receiving more food from other places.

During this time, the availability of produce is subject to sudden change. Certain items that you are expecting in your box may become unavailable. We will communicate any changes to you via email, and welcome feedback, questions, or queries. Anytime.

Local & Global: Our 3 Top Commitments

1. We are committed to small scale farms for more nutritious food. When it is not local, we ensure that it comes from a fully ethical fairly-traded source and only buy from small producers. Our conventional food system has shifted from a decentralized, local small farm “agriculture” to highly centralized industrial “agri-business.” This has caused the nutrient content of many foods to decline, because mega farms are focused on production for higher yields. Smaller scale farmers understand that nutrition and taste matters most.

2. We are committed to supporting the communities of the global farmers we buy from. We believe in building relationships with individual farming families, and farming co-operations. Our prices cover production, as well as a premium to invest in the social and economic initiatives of distant communities. We purchase food throughout the crop cycle. That way we protect the farmers by buying what they grow and always love when the new crop comes in!

3. We are committed to protecting the environment in the global communities we buy from. We buy 100% Organic, all the time. This keeps harmful chemicals and substances out of the soils and ecosystems of developing countries.

Local Onions: Stock up while you can!

It is the season for local onions and tubers. They store well, they are available, affordable and plentiful at this time of year. Think of winter cooking — stew richly simmering on the stove, a pot of soup, or scalloped potatoes— Onions are a must.

The onion’s health value is uncontested and highly versatile. Onions provide flavour, and important nutrients and health-promoting phytochemicals. High in Vitamin C, onions are a good source of dietary fiber and folic acid. They have been used as medicine for many cultures for thousands of years with good reason.

The onions and shallots in your Organic Box are coming from Sparrow’s Nest and Noble Spuds.

Sparrow's Nest Organics farm is 45 minutes north of Edmonton, Alberta. Graham Sparrow runs a certified organic market garden and Community Supported Agriculture (CSA) farm.

Nobel Spuds is located in Coaldale, Alberta. Hank and Rita Mans are small- scale producers of certified organic onions and shallots.



Fun Fact: What compound in onions brings tears to your eyes? Sulfuric compounds. To cut down on the crying, chill the onion and cut into the root end of the onion last.

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