



Slow Food in Canada

PRESS RELEASE
FOR IMMEDIATE DISTRIBUTION

Seven Canadian Food Heroes in Five Provinces recognized by the Slow Food network

Montreal, July 24th, 2015 – Slow Food in Canada, representing all the Slow Food convivia across the country, recognized the contribution of seven Canadian ambassadors of good, clean and fair food during its annual meeting held in Montreal.

The Canadian Food Hero recognition is given each year by Slow Food in Canada to individuals who protect, defend and promote sustainable, good, clean and fair food by actively and positively contributing to a healthy food system, preserving the rich culinary history of their region, whether they are growers, harvesters, writers, entrepreneurs or activists.

The 2015 Canadian Food Heroes are:

- Troy and Sara Harker (British Columbia)
- Rachel Engler-Stringer (Saskatchewan/Prairies)
- Pamela Cuthbert (Ontario)
- Scott Whitelaw (Nova Scotia)
- Nancy Hinton and François Brouillard (Quebec)

TROY AND SARA HARKER

Troy and Sara Harker represent the fifth generation on Troy's family farm in the heart of Cawston, BC, Canada's Organic Capital. Their goal is to create a secure and sustainable food system that will feed not only the current generations but entice future generations to continue their legacy. Harker's Organics packs and sells fruit for over 30 organic farmers in the Okanagan and Similkameen Valleys and ship directly to customers such as Whole Foods. They also deliver fresh organic produce to 30 restaurants in the Okanagan. Furthermore, they work alongside the BC Agriculture in the Classroom Foundation to increase the amount of organic produce being served to BC schools.

RACHEL ENGLER-STRINGER

In addition to being a board member of the Saskatoon Food Council, Rachel Engler-Stringer researches and teaches projects focused on food systems and health, with a specific focus on urban food environments and community food security. A dynamic activist, she is a popular public speaker on community food systems issues and urban agriculture. She believes that everyone deserves access to nutritious, safe and affordable food, and sees her most important contribution as leading the gathering of information for and the development of an online interactive Local Food Map, aiming to connect people to sources of good food.

PAMELA CUTHBERT

Pamela Cuthbert was an outstanding journalist, the founder of Slow Food Toronto, past editor of Slow Food Canada publications, writer for *The Globe and Mail*, *The Toronto Star*, *Macleans* and *Toronto Life*. She passed away earlier this year. She was seen as an expert on food systems and sustainability in Canada, promoting the local procurement idea to chefs all over the country.



Slow Food in Canada

Pamela's heartfelt efforts promoting Slow Food values have been essential to the development of the Slow Food movement in Toronto and in Canada as a whole.

SCOTT WHITELOW

Scott Whitelaw founded Sugar Moon Farm in 1996. He developed a unique food experience in the backwoods of Nova Scotia, with an uncompromising commitment to local, fair trade and organic food. Scott has operated Sugar Moon Farm as a shining example of Slow Food principles. He engages Slow Food members, chefs and local producers and is active in community outreach and support of a sustainable rural economy. His company is a shining example of how agritourism can benefit a region. Scott is the leader of the Northumberland Shore Slow Food convivium.

NANCY HINTON AND FRANÇOIS BROUILLARD

Nancy Hinton and François Brouillard are on a mission to promote the products found in the Quebec forest. François gathers and brings them to Nancy, who cooks then offers them at their restaurant, Les Jardins Sauvages. The surpluses are processed and sold on site, at specialty shops and at the Jean-Talon Market in Montreal. For several years, they have been sharing their knowledge and working to promote these products to the chefs and the general public. Thanks to them, we can now find glasswort, sea spinach and many local varieties of mushrooms on the menu of many restaurants.

About Slow Food in Canada

Slow Food in Canada is a collaborative team made up of Slow Food networks from coast to coast. For more information: www.slowfood.ca

About the Slow Food movement

Slow Food is an international non-profit organization funded by its members in 150 countries with over 100,000 members in 1500 convivia. Its cultural, environmental and social mission is the recognition of the central role of good, clean and fair food. For more information: www.slowfood.com

-30-

Contact:

Caroline Cloutier

Slow Food in Canada Communications Coordinator
caroline@slowfood.ca