



# Food Security

## In Newfoundland & Labrador



**Food Security Network of  
Newfoundland and Labrador**  
[www.foodsecuritynews.com](http://www.foodsecuritynews.com)

# Agenda

12:00 – 12:05

**Welcome & Introductions**

12:05 – 12:10

**Introduction to FSN & Food Security in NL**

12:10 – 12:30

Keynote Speaker:  
**Ross Traverse – Extending the Growing Season**

12:30 – 1:00

**Discussion & Questions**

# Food Security Network NL

## Our Five Priorities

1. Networking & Information Sharing
2. Public Awareness & Education
3. Partnerships
4. Catalyst of & Support for Food Security Initiatives
5. Research

*“Actively Promoting comprehensive, community-based solutions to ensure physical and economic access to adequate and healthy food for all.”*

# What is Food Security?



**Food Security** exists when all people, at all times, have access to adequate amounts of nutritious, safe, and culturally appropriate foods.

**Food Security** means that the people who produce foods are able to earn a living wage.

# Sustainable Food System

**A Healthy, Sustainable Food System** focuses on:

- Local, Seasonal Foods
- Health of the Population
- Building Communities
- Local Economic Development
- Supporting local producers, processors, Distributors & Retailers



# Best Practices Toolkits

Guides for Community Organizations in NL

Step-by-step guides and resources to help you start:



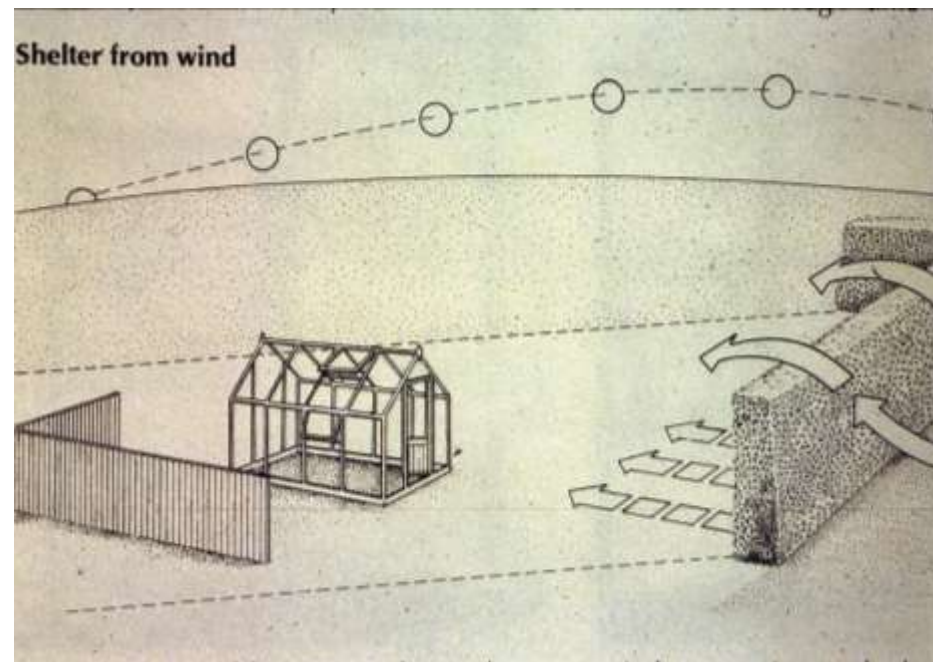
- Community Gardens
- Farmers' Markets
- Community Kitchens
- Bulk Buying Clubs

Download at:

[www.foodsecuritynews.com](http://www.foodsecuritynews.com)

# Extending the Growing Season

## Greenhouses



# Extending the Growing Season

## Cold Frames and Hot Beds

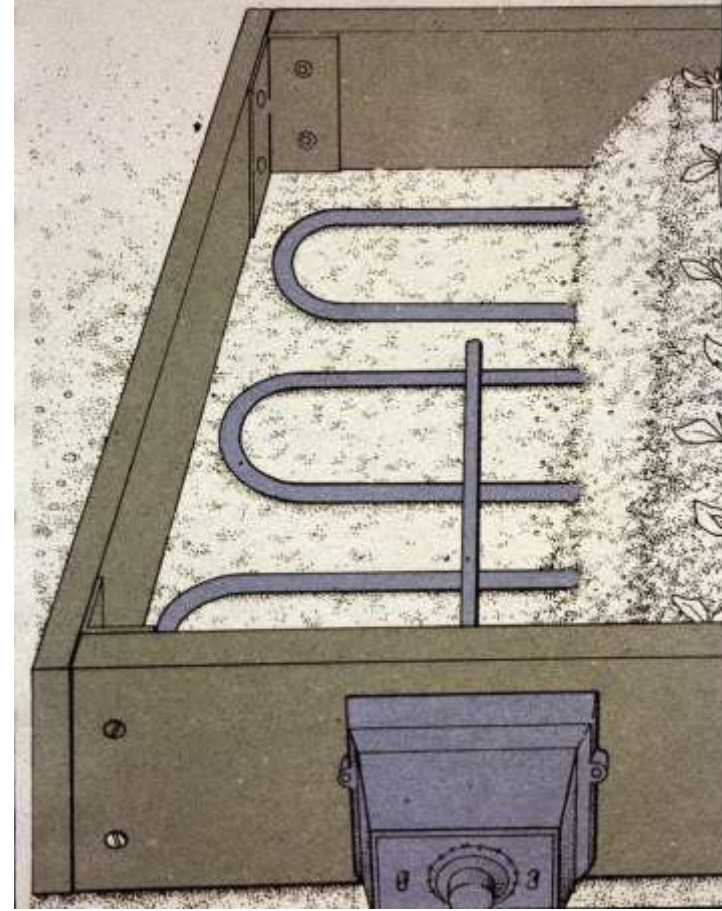


# Extending the Growing Season

## Soil Heating



Soil heating



# Extending the Growing Season

## Plastic Mulch and Row Covers



Right: Corn grown with plastic mulch

# Extending the Growing Season

## Plastic Mulch and Row Covers



# Extending the Growing Season

## Artificial Light for Growing Inside



# Extending the Growing Season

## Raised Beds with Plastic Covering



# Extending the Growing Season

## Growing Transplants



# Extending the Growing Season

## Crops to Extend the Season



Right:  
Carmen Cucumber (for  
greenhouse)

Top Left:  
Early Cascade  
Tomatoes

Bottom Left:  
Collard Greens



# Extending the Growing Season



## Questions & Discussion

Visit [www.traversegardens.com](http://www.traversegardens.com) for more gardening tips and information about Ross Traverse's book:

*Ask Ross Traverse About Gardening: Practical Advice for Gardeners in a Cool Climate*





# Thank You



[www.foodsecuritynews.com](http://www.foodsecuritynews.com)

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