



Food News...

Summer 2014

Did you know?

You can support the Nelson Food Cupboard with monthly donations online at www.canadahelps.org. Our customers need healthy food every month of the year so this is a great way to support our work.



Harvest Rescue Has Expanded!

The Harvest Rescue program has started early this year. Not only will we be picking the fruit harvest but have already started gardening throughout the Nelson region, preparing for a vegetable harvest too! We have been assisting two local farms, a garden plot at McKim Cottage in Fairview and some other backyard gardens.

We are looking for volunteers and underutilized gardens on an on-going basis. Our Garden Gnomes, are volunteers interested in gardening, gleaning and learning about growing food in our region. Each potential garden or space requires an owner that is responsible for it – our Harvest Rescue gnomes assist with digging, planting, weeding and harvesting. Some of the harvest will go to the volunteers and if abundant, some to the Food Cupboard.

**Join us in linking
community & food!**

Do you like our new look?

We are very excited to launch our new look which includes our new logo. Thank you to Keiko Lee-Hem (keikocreative.com) for working with us to consolidate all our communications with a consistent look.



Recipe: Rice Salad

1 cup white or brown rice
2 cups water, ½ tsp salt

Boil water, add rice and salt.
Reduce heat to low and cook rice
20 minutes for white, or 40
minutes for brown. Let cool.

Add:

1 grated carrot
½ cup green onion or chives
½ cup chopped greens: chard,
kale, or spinach or lettuce
½ cup your choice fresh berries,
or peppers or tomato

Dressing:

2 Tbsp vinegar
3 Tbsp oil
½ tsp Dijon mustard
½ tsp salt, pepper to taste
½ Tbsp honey
1 Tbsp chopped fresh ginger

Mix dressing ingredients
together and pour over salad.
Toss well and let sit at least 30
min. Can be served warm, cool or
room temperature. Keeps well.

Nelson Food Cupboard

602 Silica Street, Nelson, BC
Open Hours: Monday & Wednesday 9-1pm
250 354 1633
www.foodcupboard.org

Exciting Community Project



We are excited to announce that we have received funding from the Osprey Foundation, and the BC Healthy Communities Initiative through the City of Nelson to create an inventory of community assets that support food security and to identify gaps in the system. Community wide research will help to determine local priorities and inform strategic planning, resource allocation, and policy development by all the community partners involved in providing services. Watch for our reporting out in the Fall!

Stay connected

We'd like to send you our seasonal newsletters via email. Please let us know your address at:
foodcupboard@shawbiz.ca.

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