

Dear Ignatius Farm CSA Supporter,

Over the last nine years the Ignatius Farm CSA Internship Program has grown some incredible things. We have expanded our crops to 8 acres, including strawberries and coloured carrots this year, but what we are most proud of is our interns. Many come to us with farming experience, others not, but all leave with a depth of experience and training that is unmatched by almost any other farm in Ontario.

Now we certainly don't harvest our 'crop' of interns each year but once we have given them 'roots' and a foundation, they go out into the world to use what they have gained here in their future endeavours.

When we touched base with our interns we heard how much our CSA training meant to them. Nikoo Boroumand was with us in 2005 and this is an excerpt of what she shared with us...

Dear Heather,

I hold Ignatius close to my heart.

My time there was one of the most important times in my life. The experiences I gained there affect every part of my life, from knowing what I'm doing in my garden, to my food decisions, to the knowledge I have about local, organic food. I often find myself educating people on food politics, what goes into growing local, organic food and the merits of it, and how it affects the rest of the world. In addition, seeing a young woman (ie. you) run the farm was very empowering and probably affected me more than I realize.

After leaving Ignatius, I did my Masters in Public Administration, and I did my thesis for a food organization in Ottawa called "Just Food". The topic was pricing of local food - what has been found in other cities, and I did primary research to distinguish the price of local/organic food in Ottawa compared to non-local/conventional food. I also looked at the research for measurements of people's willingness to pay for local/organic food.

I'm currently working for the Commissioner of the Environment and Sustainable Development of Canada. Although I don't specifically work on food issues at work, my knowledge about it helps me in many areas dealing with environmental issues. As well, I recently bought a house with a good sized front and back yard and I'm getting my hands dirty putting into practice what I learned at Ignatius. I am going to grow all kinds of vegetables next year. And of course, every summer I sign up for one of the local CSAs.



Nikoo planting garlic into mulch, adjacent to her clover cover crop, in her backyard.

We are proud of what we have contributed to Nikoo's education and endeavours.

Please consider donating to assist funding our intern education program.

http://www.ignatiushguelph.ca/csa/csa_giving.html

Ignatius Farm CSA Team

To unsubscribe from our Ignatius Farm CSA Supporters list, please send an email to csamarket@ignatiushguelph.ca with 'Unsubscribe CSA Supporters' in the subject line.

Heather Lekx

CSA Farm Manager

Ignatius Farm Community Shared Agriculture

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