

S E P T E M B E R 2 0 1 5
C A M R O S E / P R O V O S T

On Tour

with Gail Hall, Seasoned Solutions, and **GO EAST RTO**

Regional Tourism Organization

GoEastRTO.com



Discovering Alberta's local food destinations

You're invited as Gail Hall continues her discovery of Alberta's food resources with another tour to Alberta: east of Edmonton. Starting at the Downtown Farmer's Market, we drive east to Roundhill, Camrose, Lougheed and Provost. At Bodo, we'll explore the 10,000 year old roots of Alberta food culture. On the return journey, we'll visit a farm using up-to-the-minute, (yet traditional) organic and biodiversity practices. We'll make a honey stop at an apiary and then we head home in time for supper.

Tour Schedule – September 12-13, 2015

Saturday

Meet vendors at the Downtown Farmers' Market and head east on Highway 14. Visit Irving's Farm Fresh in Roundhill. After lunch at Sacred Arts Cafe in Camrose, there's time for a little shopping.

Saturday PM

We head east on Highway 13 to Lougheed for a rural museum visit and produce display. We proceed to Bodo Archeological Site for a bison dinner. Overnight in Provost.

Sunday

A quick breakfast at the hotel and it's off to brunch at the Wooden Spoon in Sedgewick. We tour two amazing farms: Sunrise Farm (Killam) and Beary Berry Honey (Tofield). We head for home along Highway 14.

On being a locavore: why discover local?

Our lives revolve around food. We nourish our bodies with it, but we also celebrate, entertain, and express affection with it. So it's no surprise that we all want the healthiest, freshest, best-tasting food. To serve the best—and trigger other positive effects on the economy, the soil, wildlife, and the welfare of those who raise what we eat—here is why we are discovering local destinations:

☑ **Everyone's bottom line improves.** When we shop for local foods, we are contributing to our local communities and economies.

☑ **You don't always spend more to shop for local food;** in some cases it can cost less because in-season foods are generally cheaper and travel costs are minimized.

☑ **It supports the future of farming**

The stronger our local farmer gets, the more we ensure local goods can be grown and raised for generations to come.

☑ **It promotes cultural and biodiversity** Our demand for local food creates greater variety. Farmers have the support they need to raise more types of produce and livestock than multinational commercial enterprises looking to squeeze every dollar out of one type of crop.

☑ **It tastes better.**



Care of the earth as a lifestyle

Don and Marie Ruzicka believe that the care of the Earth is the most ancient and most worthy, and, after all, the most pleasing responsibility. The evolution of their Sunrise Farm, since 1996, has been influenced by the knowledge, wisdom, and passion of many people as they moved toward keeping their farm on a path to sustainability. Poet and farmer Wendell Berry's vision had a major impact on their view of Creation and caring for the land, its resources, and the environment in which we all live. They utilize biodiverse and organic farming practices to raise cattle, fowl, and pigs in a sustainable and ecologically sound manner. It is their hope that you will also come to a deeper understanding of the profound wisdom of Wendell Berry and others like him who have inspired them to do what they do on Sunrise Farm. www.sunrisefarm.ca

Where the Buffalo Stopped Roaming

We will experience archaeology in action at the Bodo Archaeology Centre and discover how our Alberta ancestors hunted bison over 5,000 years ago. The Bodo Archaeological Site is one of the largest and well-preserved archaeological sites in Alberta. This site was inhabited during the past 5,000 years by Aboriginal peoples who both hunted and camped in this unique area of stabilized sand dunes, where the grasslands meet the parklands of Alberta. Artifacts buried in the sand, including bison bones, stone hunting

and butchering tools, clay pottery, and arrowheads, have provided a unique glimpse into a culture of hunting and living off the land that predominated the grasslands of Alberta for over 10,000 years, but no longer exists. See more at: <http://tinyurl.com/ngnzjo6>

Three views of farm businesses

Irving's Farm Fresh in Roundhill is home to a herd of Free Range Berkshire pigs. The pigs are raised outside year round, and allowed the freedom to behave naturally. The Butcher Shop is also located on the farm where all of the handmade pork products are carefully produced from family recipes using traditional methods.

Beary Berry Honey is a family owned and operated business started in 2006 outside Tofield. They have perfected over 20 blends of flavoured honey, seven distinct honey glazes and six vinaigrettes.

Sacred Arts Cafe is the creation of husband and wife team Lisa and Ravidass. They had a vision of creating a community hub in downtown Camrose where people who share a common passion for an inspired healthy and natural lifestyle can gather. Several facets of healthy living and lifestyle come together under one roof with an inspired team and mission.



More information at:
www.seasonedsolutions.ca
www.goeastrto.com
 Phone 780-437-0761

Seasoned Solutions

Gail Hall leads culinary tours, teaches classes in her heritage Loft Cooking School and writes/teaches about the use of local food.

Camrose/Provost Food Discovery Tour – September 12-13, 2015

Includes: double occupancy accommodation, travel to/from Provost, lifestyle lunch, bison dinner, light breakfast and country brunch, producer tours, farm tours and surprises. Drinks, personal items and purchases not included.

Cost: \$495 per person (single occupancy add \$105) plus GST

Payment in full in advance by cheque, cash, or Interact e-mail transfer.

Participants should be physically able to climb stairs and walk on uneven terrain.

➔ Register by e-mailing Gail Hall: gail@seasonedsolutions.ca or call 780-437-0761.

Include: First and last name, phone number, e-mail address, double or single occupancy, food allergies, or dietary restrictions. Pack light and dress casual.

Program subject to change. Space not confirmed until fully paid.