

Local



Atlantic Canadian Organic Regional Network

ACORN is a not-for-profit organization that was started in 2000 to promote local organic agriculture. ACORN represents the organic community in Atlantic Canada including farmers, processors, certifying bodies, retailers, and consumers. It is primarily funded by Maritime government grants and our membership.

Membership is open to anyone who wants to support local organics. Membership includes:

- A copy of ACORN's Organic Resource Directory
- Discounted pass for the annual conference
- Quarterly newsletters (print)
- Monthly email newsletters and urgent industry news
- Free classified ads on the ACORN website
- Voting privileges at ACORN's AGM

Nourish Your Mind

Send ACORN your name and e-mail address to receive our free monthly Organic E-news. Learn about local events, announcements, and important organic news.

Contact Information:

ACORN
P.O. Box 6343
Sackville, NB, E4L 1G6
tel: 1-506-536-2867
toll-free: 1-866-32-ACORN
fax: 1-506-536-0221
email: admin@acornorganic.org
web: www.acornorganic.org

Healthy



Organic





Eat healthy

Many of us like to buy food that is great tasting, healthy, nourishing, and grown in an ecological manner. Food grown and processed without the use of synthetic pesticides, herbicides, fungicides, hormones, irradiation, or genetic engineering is safe and healthy for us, the farmer, and the environment. The only way to know we are getting this is to choose certified organic food.

Why "certified" organic?

Certified organic is the only way to assure your food was produced with integrity. Certified organic means that the seeds used are not genetically modified, livestock is raised humanely, and that the food you eat is real food—no artificial additives, colouring, or preservatives.

Farmers must be approved by a third-party body to label their products certified organic and must:

- follow a regulated set of standards
- pass a yearly inspection by a trained independent inspector
- maintain a detailed audit trail of their operations.

Look for the organic seal

To know that your food is certified organic, look for the certifying body's seal on the package. If you are buying directly from the farmer, ask to see their certificate—producers are proud of their certification and want to know that you value it too. These are the certifying bodies in Atlantic Canada:



Choose local

Most of our food travels over 2000 km to reach us. Buying local organic food means optimal freshness and flavour, reduces greenhouse emissions and supports our local economy. You will also be supporting our beautiful rural landscape and family farms—so eat the view!

Where do you find local organic products?

It's easier than you may think to find local organic food. ACORN has an Organic Resource Directory and an on-line, searchable database with all certified organic producers and processors in Atlantic Canada—visit www.acornorganic.org and select "Organic Database".

Most local organic producers sell directly to their customers and so Farmers Markets are a great place to shop, meet the farmer, and learn about your food. For year round access, visit your local organic and health food stores—these stores make it a priority to use local products. You can also find some local organic products in your grocery store.

What certified organic food is produced in Atlantic Canada?

- Fruit and berries - apples, pears, plums, cherries, melons, raspberries, blueberries, strawberries, cranberries, currants
- Vegetables - artichokes to mushrooms to zucchini!
- Garlic and herbs (fresh and dry)
- Meat - chicken, turkey, beef, lamb, pork (even bacon!)
- Eggs, goat and sheep milk, and feta cheese
- Tofu (plain and flavoured), soybeans, and soy products
- Dry beans - lentils, chickpeas, black beans
- Flours, oats, and grains
- Cereals and granola
- Baked goods, bread, pasta, and prepared foods
- Maple syrup, sugar, and butter
- Juice, cider, and vinegar
- Seeds, potting soil, and fertilizers
- Flowers
- Pet food

MEMBERSHIP FORM

- \$30 regular member, 1 year
- \$55 regular member, 2 year
- \$100 sustaining member
- \$100 organization / business
- \$65 COG and ACORN membership
- \$250 sponsor

Donation to ACORN \$.....

Amount Enclosed \$

NAME.....

FARM/BUSINESS.....

ADDRESS.....

TELEPHONE.....

FAX.....

EMAIL.....

WEB.....

VISA / MASTERCARD.....

EXPIRY DATE...../.....

SIGNATURE.....

Please make cheques payable to ACORN.

Please circle the categories that best describe your involvement with the organic industry:

consumer / home gardener / farmer / processor / retailer / distributor / supplier / professional / student / government / media