

# Introducing the Grainery Food Co-op

Where all are welcome!  
Open every day of the week from 3 PM to 6:30 PM

By Colleen Heenan

As a member of both the CNNA and the Grainery Food Co-op, I want all readers of Neighbourhood News to know about this great new place to grocery shop in our neighbourhood.

We now have the option of shopping organic right around the corner thanks to the Grainery. You may already be familiar with the Grainery's stand, which is in its fourth year at the Saturday farmers' market. But the storefront is relatively new, having opened last summer, reviving the empty commercial space at 2385 Agricola between Cousin's Snack Bar and Naturally Twisted. It has become a happening spot, attracting community-minded people into our area. It offers a friendly, relaxed atmosphere in which to shop.

The founders of the Grainery are Rob Jeans and Nancy Landon, who met through their common interest in co-ops. On a biking trip through Maine, where they also got married, they saw many examples of successful food co-ops, one in almost every town. They came back with lots of ideas for the Grainery. Their vision is a guiding force.

The Grainery offers many food choices, nearly all of which are certified organic and fairly traded items, and the list of items keeps growing. Besides the huge variety of dry goods there is always local produce, according to availability. Among the dry goods, items vary from household staples to the exotic, like rice milk, almond butter, and blue corn tortilla chips.

Organic food is a growing market. Although organic food costs more, people are turning to it because of the many benefits: fresh, flavourful food, and the benefits to human health and the natural environment when food is produced without chemicals. The Grainery helps make organic food more affordable: although you don't have to a member to shop here, becoming a member entitles you to a 33% discount on all items. Membership involves working 8 hours per month either in the store or at the Saturday farmers' market.

The Grainery buys locally. It constitutes a distribution center for local food producers

who use ecological farming practices. Buying locally also means less pollution associated with food transportation. And of course, buying from small-scale local producers supports the local economy. So shopping at the Grainery is good for your health, the environment and your community.

New members are always welcome. The Grainery depends on its members to staff the store and the market stand. Members normally work in pairs, serving customers and bagging bulk products. There is also opportunity for further involvement as a member of the board of directors. But all of the effort is volunteer, and any money earned goes back into the Grainery - into making a better store for the community.

The Grainery collaborates with other community-oriented groups in Halifax, such as Food Not Bombs and NSPIRG. There is a free box containing second-hand clothing. And finally, it has an information table with books, magazines, and pamphlets related to food sustainability, ecology, and community activism, where you'll even find CNNA's Neighbourhood News.



## Nosey Neighbour

Our neighbourhood is on its way to stardom! Hollywood came north-east to film on Charles Street and North Street. Names like Olympia Dukakas, Parker Posey and "The Event" have been thrown around. Watch the big screen closely in upcoming movies to catch a glimpse of home!

Good news for parents and children in Commons North! Joseph Howe school was saved from closure this year during the recent review of schools in HRM. Once again the happy sounds of children are filling the schoolyard and building on Maynard Street. A teacher there promises more community interactions between students and residents. Stay tuned for more information in our next newsletter!

Last year we read about the weddings of Taiya Barss' sons in her "Community Cooking" articles in Neighbourhood News. We are pleased to send our congratulations to Taiya on becoming a grandmother this summer. May the little one help keep you young at heart!

West Street residents welcome Brenda and Leo to our neighbourhood. They are another couple who jumped into home renovations with both feet.

Congratulations to Ramona of Moran Street for her interest in the safety and care of her neighbours. Chances are she's prevented more break and entries than most of us simply by paying attention to strange noises and people near her home.

Commons North will miss the community involvement of Jim and Jane Cale from Charles Street. After many years of support for neighbourhood activities, they are leaving us in September. We wish them a peaceful and happy retirement from city life!

The Nosey Neighbour encourages you to be nosey too! Let the Neighbourhood News Editorial Committee know what's going on in your corner of the neighbourhood. And get to know your neighbours - so that we can keep pushing down the crime level in Commons North.

## DNTO in HFX

by Stephanie Domet

"Why Gottingen Street? It was an easy decision," says radio producer Matt Tunnacliffe. He was in Halifax in April, producing a remote broadcast of CBC-Radio's Saturday afternoon pop culture magazine show Definitely Not the Opera. "It's the most interesting street in Halifax. You get such a sense of Halifax's history walking up and down streets in the area. Plus, it's really the pop cultural hub of the north end--we had a great time visiting The Marquee, the High Life Cafe and just taking in the sights and sounds." Tunnacliffe and DNTO host Nora Young did an hour of the April 20th show from the neighbourhood, as well as broadcasting the final hour of the four-hour show live from Saint Antonio's on Cunard Street. The two enjoyed their week in Halifax, says Tunnacliffe, particularly the time they spent north of the Commons.

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## Community Cooking - Recipe for Judy

By Taiya Barss

At last, we seem to be on the other side of winter, and as usual, it was a long and weary one. Spring here comes slowly; it starts, stops, pushes and struggles grudgingly up through cold mud and snow. When we spot a green shoot we run out and grab it - hold on - pull! - only to watch it slip back down, leaving a frosty laugh.

We all need this time of rebirth and renewal. We need to know the bare trees will soon be fluttering with that gentle green of spring, that the sun will call that spiky clump of chives back to us in just the spot where we expect it. Again and again, around and around, the brown earth dies, then comes back green and growing once more.

There's a hole in my circle of friends now; we said goodbye to Judy in April. She turned plain cloth into splashes of purple and turquoise, saffron and scarlet. Her hands wove rainbow yarns into warm shawls we all wrapped around our sad shoulders as we remembered her and missed her. In her Cape Breton garden, she grew enormous bearded iris, tall foxgloves, and lavender sheltered by warm rocks. She was on her knees late every fall, setting out bulb after bulb to bloom when spring came. This year, as the winter snows melted, Judy faded away, cut down by an enemy that crept into her bones. But her friends will remember her warmth as they pull her warm weavings close around them, and her strong spirit will return in her garden's bursts of colour.

### Gazpacho Salad Mold

1 T gelatin	1/2 tsp salt
12 oz V-8 juice	1 T grated onion
2 T lemon juice	Chop fine:
1/8 tsp cayenne	1 green pepper
1 crushed garlic clove	1 cucumber, seeded
1 tomato	

Soften gelatin in juice (sprinkle over, let sit 5 minutes). Heat gently until dissolved. Add seasonings. Let chill until somewhat thickened. Fold in vegetables, scrape into mold, chill overnight.

To serve: dip mold in hot water, unmold onto a plate. Chill, slather top with mayonnaise. Serve as salad.

*Editorial Note: Taiya's recipe was submitted this spring but is still a tasty recipe and a beautiful tribute.*

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