

How's BUSINESS
YUKON Next Issue January 25, 2008
Booking Deadline: January 8th



**GOLD RUSH INN
& CONFERENCE CENTRE**

- Meeting Rooms • Weddings
- Conventions up to 300 people
- Gold Pan Saloon & Sports Bar



- 106 Rooms & Suites
- Group Rates on Request
- Queen Bedrooms with Spas
- One & Two Bedroom Suites
- Barber Shop & Beauty Salon
- High Speed Internet Access
- 75 Seat Casca Dining Room
- Coffee Makers/Complimentary Coffee
- Fridges/Microwaves
- Coin-Operated Laundry Facilities
- Free Parking • Dry-Cleaning Services



1-800-661-0539

Fax (867) 668-7432 • 411 Main Street
Whitehorse, Yukon Canada Y1A 2B6
Reservations (867) 668-4500
www.goldrushinn.com

Winter Grazing is the S.P.I.C.E. of Life

As citizens committed to eating locally, it's time to add up the bounty and see if there's enough food set aside, preserved, frozen or processed to make it through the un-growing season.

Making the most of winter really means making the most of the food we have for the winter.

Every growing season offers its bonuses and drawbacks; this year wasn't much different. With a dry cool start it took a little longer for the crops to emerge and now, with snow on the mountains, it's iffy getting the crops off. Most vegetables can survive the shoulder seasons but the production is diminished.

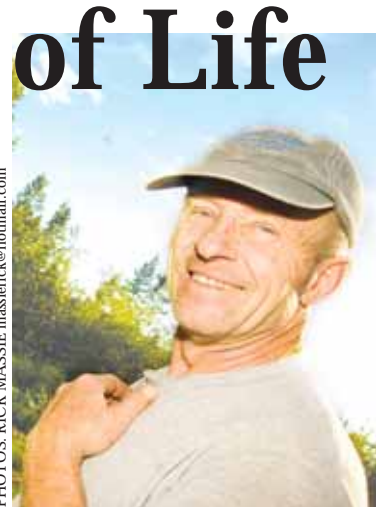
With the awareness of food secu-

pay the true costs of their food at the market, consumers are beginning to understand the false economy the box stores promote. Mid-winter, lettuce at less than a dollar per head can only mean hugely subsidized support programs and/or sub-standard wages from somewhere outside of Canada.

My biggest question has always been, why do people insist on buying the biggest and best of everything except their food?

Consumers frequenting the box stores are looking for the deals, the cheapest item that will in fact end up costing them the most.

For "locavores" (local food eaters), the winter is all about enjoying the harvest and planning for the next



PHOTOS: RICK MASSIE, massietick@hotmail.com

Several farmers in the Yukon, like Roy Ness, can provide local food that doesn't need to travel so far to get here. It may seem to cost more but, in the long run, it isn't.

Real Food

with Tom Rudge

rity becoming an ever-larger factor in our lives, people are going to greater extents to ensure their access to real food.

Throughout the summer months, people returning to the Fireweed Community Market supported the growing local farming community. Willing to

growing season. If you're new to eating locally, it can be tough to understand how to eat locally when winter is coming fast.

A good friend said it's all about the spice in life. I agreed, but she had a twinkle in her eye so I indulged her company in the middle of the hallway

while she explained this idea.

This friend is a very new locavore (coined by Barbara Kingsolver in her new book, *Animal Vegetable, Miracle*). As an educator, she came up with her way of making it work.

S.P.I.C.E., she explained, stands for Searching, Planning, Involvement, Community and Education:

Searching means looking for our food sources throughout the year, asking questions of the farmers at the market and of the associations involved with food production.

Planning goes the next step where we talk with the producers and suppliers and start confirming dates for meat and for grains or canned jellies, jams or birch syrup.

One of the easiest parts of spice is to become **involved** along the food chain somewhere as either a volunteer or in lieu of payment for product. Volunteering to come out and stack oat bundles, dig potatoes or process chickens puts us one step closer to our food and that's a good thing.

Home Job Board Events Calendar Bulletin Board For Employers Partners

Job/Career Planning Information!

Go to:

- Yukon Job Board
- Yukon Events Calendar
- Yukon Bulletin Board

Browse these categories:

- Jobs, Work & Recruiting
- Occupations & Careers
- Learning, Education & Training
- Labour Market Information & Outlook
- Self-Employment
- Workplace Issues & Supports
- Financial Help & Issues

Watch for the next Yukon Job Fair

www.yuwin.ca



Making canned items like jellies or jams or pickling vegetables is a wonderful way to spend an afternoon in the kitchen. And the best part is that getting involved builds a better **community**. Probably one of the most neglected things in today's society is our effort to build community. Being a locavore does it easily.

Lastly, the **education** component of S.P.I.C.E. means becoming more aware of what we eat through educating ourselves and those around us. So much of our health is affected by what we eat. Studies now are showing asthma, allergies, learning disabilities, obesity, heart disease and cancer are all related to food issues.

Talk to me about real food.

Tom Rudge farms with his wife, Simone, and children, Claire and Graham, at Aurora Mountain Farm, one of several certified organic farms in the Yukon.

EMPIRE LANDMARK HOTEL a view with a room...

THE EMPIRE LANDMARK
HOTEL & CONFERENCE CENTRE
VANCOUVER

Special Yukoner Rate
Oct 1 - Dec 30, 2007
Based on availability & blackout dates may apply.

\$89 single/double occupancy plus taxes.
Shopping Discounts on Robson Street for Hotel Guests!

1400 Robson Street
Vancouver, BC, Canada
www.empirelandmarkhotel.com

Call for Reservations:
1-800-830-6144 or
reservations@
empirelandmarkhotel.com

Vancouver/Whistler is proud to be the host city for the 2010 Winter Olympic Games!