

Le Frigo Vert: Electronic Newsletter, January 2007

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1. Le Frigo Vert Updates

As you may be aware, Le Frigo Vert has been hard at work on creating a business plan, writing grant applications, researching loans and the real estate market, in order to figure out our long-term strategy for obtaining an affordable, accessible and secure space. Although the space crisis of a couple years back has been positively resolved (thanks to all those who voted yes in the student fee levy referendum), the landlord at our current location still speaks about selling the building, and/or how much more rent he could get from other tenants. At present, Le Frigo Vert spends \$33,000/year on rent plus about \$10,000/year on property taxes. This is student money being handed over to a private property-owner! We, at Le Frigo Vert, feel this money could be much better spent, and thus the organization made more sustainable, if these monies were either: a) channeled into the purchasing of a member-owned space in the Concordia vicinity, b) used to purchase a share of, or space within, the new Concordia Student Union building, or c) used to further reduce the cost of products and expand services at Frigo by continuing with our efforts to get a low-cost or free space allocated to us from the university.

We are actively pursuing all three of these avenues with the goal of having something secured by the spring of 2008. Our vision of this new space is an increase of 500 square feet, for 2000 square feet altogether, an industrial kitchen so we can make fresh baked good and ready-to-eat foods daily as well as provide vegan cooking workshops, larger storage and lounge areas, as well as wheelchair accessibility. We would also like to purchase a refrigerate shelf unit in order to increase our fruit and vegetable carrying capacity.

In the future, Le Frigo Vert may need member support in order to prove to funding bodies and/or the university administration that you do endorse the course of action we are taking. Le Frigo Vert will post our finalized proposals once they have been fully developed.

In the meantime, have a very happy and healthy 2007!

Le Frigo Vert Collective.

Upcoming Frigo Events

Wednesday, January 24th, 5-7pm

FRIGO OPEN HOUSE!

Free food, Frigo tours, prizes and games for our 15th year birthday kick-off celebrations...more of those to come! Le Frigo Vert is not wheelchair accessible but food and activities will be outside on the sidewalk. If the weather makes this impossible, food will still be made available outside for those who cannot access the store.

Wednesday, January 31st, 5:30 - 7pm

VOLUNTEER ORIENTATION!

Find out how to volunteer at the Frigo and what those cool volunteers do when they hang around the store! There will be free food. Unfortunately, Le Frigo Vert is not wheelchair accessible.

2. Food Politics: SunOpta Inc. Announces Acquisition of Aux Mille et une Saisons Inc.

SunOpta Inc. Announces Acquisition of Aux Mille et une Saisons Inc.

Source: SunOpta, Inc.

18/12/2006

Toronto, December 18 - SunOpta Inc. today announced that it has acquired 100% of the outstanding shares of Aux Mille et une Saisons Inc.

Aux Mille et une Saisons has been in business for over 20 years and is a leading Quebec based distributor of certified organic and natural grocery products supported by a long-term track record of profitable performance.

The acquisition of Aux Mille et une Saisons will provide significant presence for the SunOpta Canadian Food Distribution Group within Quebec and solidifies the Group's position as the largest distributor of natural and organic foods in Canada.

The company operates from its recently expanded 32,000 square foot

distribution centre located in Scotstown, east of Sherbrooke in the Eastern Townships of Quebec. With secondary warehousing facilities in Montreal, Aux Mille et une Saisons operates the most extensive natural and organic distribution network in Quebec and the Maritime provinces. In addition to strengthening SunOpta's national platform, the acquisition will benefit the Canadian organic market as a whole, by expanding distribution of exclusive brands throughout SunOpta's network in central and western Canada.

Monsieur Marc Periard will continue to manage the Aux Mille et une Saisons business and has been appointed Vice President of Organic and Natural Foods, Eastern Region. The company's focus and strength is in organic grocery products. The company employs 60 personnel, including 12 sales professionals who represent the largest natural and organic foods sales force in Quebec. The company's reputation for integrity, product knowledge and superior service has provided a history of strong growth with current revenues of approximately \$16 million. Aux Mille et une Saisons maintains a number of exclusive sourcing arrangements with Quebec organic producers as well as suppliers from around the world including, France, Belgium, the Netherlands, Italy, Brazil and China.

Stephen Easterbrook, President of the SunOpta Canadian Food Distribution Group commented, "This acquisition will strengthen our national organic foods distribution platform, foster supply arrangements internationally as well as bring new product lines to each company. We have a great amount of respect for the business and philosophies that Marc Periard and the Aux Mille team have developed. We look forward to his guidance in directing the future development of SunOpta's organic and natural food business in Quebec and the Maritimes."

Marc Periard commented, "I am pleased to have Aux Mille et une Saisons join the SunOpta team. Our values, knowledge and healthy philosophies are a good match. I am especially pleased with SunOpta's alignment and support for the plans and programs I have for developing our business in Quebec, the Maritimes and beyond."

Who is SunOpta? SunOpta Food Group is an American company who's been on a buying spree of smaller organic companies and distributors especially since 2003. They have purchased Sunrich; Northern Food and Dairy; First Light Foods; Wild West Organic Harvest Co-operative; Simply Organic; Opta Food Ingredients; Kettle Valley Dried Fruit Pro Organics; SIGCO Sun Products; Distribue-Vie Fruits & Legumes Biologiques; Supreme Foods; Snapdragon Natural Foods; Kofman-Barenholtz Foods; Organic Ingredients, Inc.; Earthwise Processors; Cleugh's Frozen Foods; Pacific Fruit Processors; Les Importations Cacheres Hahamovitch; Opta Minerals Inc. (70.6%), Quest Vitamins; Dakota Gourmet; Brand; and Aux Mille et une Saisons.

SunOpta generated \$426 million in revenue in 2005!

3. Featured Anti-Oppression Article: Six Nations says McGill owes it \$1.7-billion

Six Nations says McGill owes it \$1.7-billion

University denies responsibility for an 1860 loan that members of Six Nations reps claim came out of its trust fund

By Jesse Rosenfeld

The McGill Daily

* McGill owes the Six Nations people \$1.7-billion to square outstanding debt from 1860, say Six Nations representatives, even though McGill denies the claim's legitimacy.

In the 1850s McGill was near-bankruptcy and, in 1860, took out a \$40,000 loan from the Province of Canada. According to the Six Nations, \$8,000 of those dollars came from the Six Nations Trust Fund - money held in trust by the colonial government for the Six Nations community near Caledonia in return for land it had taken - and was never reimbursed.

In 1989, members of Six Nations alerted both McGill and the federal government to the outstanding debt, which amounted to over \$1.7-billion with interest. According to Philip Montour, a private consultant who worked with the Six Nations at the time, the McGill administration did not acknowledge the debt at a subsequent meeting with Six Nations representatives in the early 1990s.

"We had a meeting with the administration. They had lots of lawyers around them, advising them to admit nothing," said Montour.

"We were willing to be proactive, to offer a good solution so that McGill could redeem themselves and the debt," he continued. He cited increased scholarships and support for Six Nations students at McGill as possible solutions.

Vice-Principal Communications of McGill Jennifer Robinson maintained that there is no evidence of an outstanding debt in McGill's records, and called the claim "unfounded." She claimed that McGill settled its debts with the federal government in 1873, and added that, if any of the loaned money was supplied by the Six Nations Trust Fund, it was not made clear.

"If there was a relationship between this money and native tribes or nations in Ontario, as alleged, it was not clear at the time, and remains unclear today," she wrote in an email to The Daily.

Michael Doxtater, Director of Indigenous Studies, Education and Research in McGill's Faculty of Education and a member of the Six Nations committee that met with McGill during the 1990s, also said that the University has never

repaid or acknowledged the debt.

“The response at the time was, ‘We don’t know where the money came from - if the government got it from you guys, then your problem is not with us’,” said Doxtater.

Doxtater argued that, while the Six Nations did not want McGill to pay the entire \$1.7-billion sum immediately, the University has the responsibility to provide restitution.

“We don’t want all the money at once, but don’t kid us that there isn’t money in the bank when we need [an indigenous studies degree] or funding for Six Nations students to attend the University,” he said.

He suggested that McGill look to upstate New York’s Syracuse University. The university’s “Haudenosaunee Promise” acknowledges that Syracuse University is constructed on Iroquois land, and beginning this year the university will cover the full cost of education for its Iroquois students.

Robinson said that since the University has not acknowledged the Six Nations’ claim, it has not considered adopting a restitution program like that of Syracuse University.

Vice-Principal (Administration and Finance) Morty Yalovsky did not respond to requests for comment.

4. Recipes: Elle Corazon’s Nettle Tea, Stinging Nettle Lasagna, Super Nutritious Quinoa Salad, Beet and Kale Salad

Elle Corazon’s Nettle Tea

4-5 cups water (always make a pot, not a cup)

1 golfball’s worth of ginger, chopped however you like

2 short sticks of cinnamon

2 heaping tablespoons of dried nettle leaves

2 heaping tablespoons of dried red raspberry leaves

Simmer the ginger and cinnamon for 5 minute, then add the nettle and raspberry leaves once off the stove and let it sit for at least 10 minutes. 20 is better. Add whatever you want to make it taste good (lemon, honey, or maple syrup?), but I often don’t add anything ‘cause it’s already so yummy! This tea tastes great and is good for everything:

- Ginger strengthens our immune systems, warms the body, helps with

digestions and nausea, and is good for cramps. If you generally avoid ginger because it's too hot for you, then see if you can manage a small grape's worth of ginger before you work up to the golf ball. No miracle cure is worth forgetting your common sense.

- Cinnamon again aids digestions, warms the body and is known as an aphrodisiac, but I feel like it makes me a little happier and calmer about everything.

- Nettles are an amazing source of minerals - especially calcium, magnesium, iron, potassium, phosphorous, manganese, silica, iodine, silicon, sodium, and sulfur. They provide chlorophyll and are a good source of vitamin C, beta-carotene and B complex vitamins. They also have high levels of easily absorbable amino acids and at 10%, they offer more protein than most other vegetables.

- Red Raspberry is known as a female reproductive tonic. This means that it gently nourishes the entire system over a long period of time. If you are having bad cramps and take a cup of red raspberry leaf tea to feel better, the only thing that will really do you good then is the warmth of the tea. Take the tea every day for about 6 months, and you might not even get the cramps anymore. So it's a good idea to throw it into lots of different teas.

Stinging Nettle Lasagna

1 medium onion, chopped

5-8 garlic cloves, chopped

1/4 cup olive oil

2 cups loose dry nettles, remove large stems, then crush

1/2 Tbsp. kelp, crushed

8-10 fresh or dried shiitake mushrooms, chopped

1 Tsp each of dried basil, thyme & sage

2-3 Tsp oregano

Crushed tomatoes and tomato sauce to make 4 cups

2-3 cups fresh young spinach

2 yellow or green zucchinis sliced lengthwise in 1/2 cm strips

1/2 cup nutritional yeast (optional)

30 oz vegan mozzarella cheese (grated)

9-12 lasagna noodles, boiled and drained

Sauté onion and garlic in olive oil until golden. Add everything up to and including tomato sauce and simmer 1 hour. As sauce is simmering, cook and drain lasagna noodles as directed on package.

Now all the parts are ready. It's time to assemble the lasagna:

Cover the bottom of a 9 X 13 baking dish with 1/4 of your sauce. Next, put a layer of 4 noodles, then another layer of sauce, layer " your spinach, zucchini, nutri-yeast (sprinkled) and 1/2 of mozza, then repeat for the next layer. Put a layer of noodles on top and finish with 1/2 of sauce and " cup of mozza.

Cover the nettle lasagna with foil and bake in 375 degree oven for 45 minutes. Only remove foil last 10 minutes of cooking time in order to avoid burning mozza cheese.

Remove from oven - let sit about 15 minutes and then enjoy your nettle lasagna!

Super Nutritious Quinoa Salad

One cup of quinoa has more calcium than a quart of milk and has twice the protein of barley or rice.

Salad:

2 cups quinoa

4 cups filtered water

pinch of salt

1 tbsp olive oil

1 med onion, diced

1 clove garlic, minced

2 carrots, chopped

2 broccoli stalks, in bite sized pieces

" cup sunflower seeds, toasted

Dressing:

1/2 cup flaxseed oil

1/2 cup brewer's yeast

1 tbsp tahini

1 tsp mellow miso

1 tbsp tamari

First rinse the quinoa to remove the bitter coating. Then add quinoa, water, and salt to a saucepan and bring to a boil. Cook for about 20 minutes or until little rings seem to be coming out of the grain.

Meanwhile, heat the olive oil in a skillet and sauté onion, garlic, carrots and broccoli until tender. In a separate bowl, mix dressing ingredients and blend well.

When quinoa is tender and rings are visible, drain any extra water and combine all ingredients. Toss and serve.

Beet and Kale Salad

Salad:

4 large beets

½ cup toasted pumpkin seeds

1 bunch kale

3 scallions

1 med. carrot

Dressing:

3 tablespoons extra-virgin olive oil

2 tablespoons balsamic vinegar

½ teaspoon Dijon mustard

½ teaspoon freshly ground pepper

1 tablespoon chopped fresh basil

1 teaspoon finely diced garlic

Wash beets and bring to a boil in a large pot. After boiling bring to a simmer, continue to simmer for one hour, until tender. Let cool, then peel beets and cut into ½ inch pieces.

In the meantime, lightly toast the pumpkin seeds by placing them in a dry skillet and cooking over medium heat. Constantly stir the seeds to ensure even cooking. When they begin to pop and give off a nutty aroma, they are ready. Set aside to cool.

Wash Kale and place in a large pot of boiling water for 30 seconds. Place in strainer and cool with cold water, cut into bite size pieces. Finely dice the green onions and peel the carrot. Slice into 1/8-inch rounds.

Place all dressing ingredients in a bowl and mix well with a wire whisk. In a separate bowl place chopped beets, chopped kale, diced green onions, sliced carrots and pumpkin seeds. Add dressing and toss gently. Serve chilled. Makes approximately six servings.

