

# BEST BUSINESS COLUMN OR FEATURE

A lot of great entries so QCNA should be proud of its reporters who take on business stories and its business community in particular.

## ANASTASIA PHILOPOULOS

### The Low Down to Hull & Back News

This is a great feature with a story that reflects how we feel about our food today and the layout grabs your interest immediately. It makes me want to eat healthier.

## SARAH ROGERS

### Nunatsiaq News

A story about hope for the future for these women. It's an almost "how-to" better your life if you are willing to go that extra mile. Compelling story.

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Aug. 20 - Aug. 26, 2014

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## Taste of the wild: Ferme et Forêt brings out flare in local fare

By Anastasia Philopoulos

In their first year of commercial production, the dynamic duo behind Ferme et Forêt finds that what sets them apart from the competition isn't necessarily the delicious veggies they've planted, syrup they've tapped, or granola they've baked. It's the wild fruits and vegetables they've harvested that have captured the imagination of Chelsea market goers and Ottawa restaurateurs alike.

"It's actually quite a major part of our business right now. I'm taking off a lot more than we had originally anticipated," said Geneviève LeGal-Leblanc of Ferme et Forêt. "People that have come [to the market] previous weeks, say 'what do you have that's wild this week?'"

"We feel that the foods that are wild are naturally adapted to this climate, have more flavour, and actually have more nutritional value than a lot of the food that's already out there."

—Geneviève LeGal-Leblanc

LeGal-Leblanc and partner Sean Butler own and operate their farm, Ferme et Forêt, which is located between Wakefield and Rupert. The pair moved up to the area from Ottawa in early 2013 with their two-year-old son, Téo. They plant and harvest a variety of successful products, but LeGal-Leblanc marvels at how excited people get about the wild foods they harvest.

"We feel that the foods that are wild are naturally adapted to this climate, have more flavour, and actually have more nutritional value than a lot of the food that's already out there," she said. Beyond wild foods, Ferme et Forêt plant and harvest about 80 kinds of uncultivated organic veggies, which they hope to get certified in the coming year. Additionally, they've tapped 300 maples this spring, hoping to hit 3,000 next year, and make organic cranberry (which was baking in the oven when this happy reporter dropped by). The couple also offer free-range eggs, which are the only Animal Welfare approved eggs in the region's most stringent animal welfare certification in North America.

fruits. Most are sold raw and ready, but some are made into products such as sumac-sade (a play on lemonade). Made of wild sumac berries found on the side of most dusty highways in the region, the couple harvest from the few sumac bushes found on their 1st acres of land, and sweeten it with their homemade maple syrup. The juice is clean and flavourful, perfect for a summer cocktail and - as Butler informs me - has more Vitamin C than a glass of orange juice.

The couple partner with Juniper Farm, who connects the newbies to the vast network of Ottawa restaurants they've developed over the past ten years.

Every week, they make a list of the wild produce available, and Juniper Farm makes the chef's connection, delivering the wild goods as sold. So far, Ferme et Forêt have sold their wild foods to the likes of Side Door, e18teen, and Tuxen.

"We actually just ate at Das Lokal and the chef brought us a special dish he had prepared for us, using our dandelion buds, which he had pickled, [and] spruce tips, and sumac," said Butler. "He said he was going to make vinegar out of our chokecherries."

Professionally trained to harvest wild foods safely, the couple is mentored by LeGal-Leblanc's uncle in Mont Tremblant, who has operated his own wild foods business for the past twenty years. "From a very young age I would go into the woods and harvest things with my uncle," LeGal-Leblanc said. "I've been interested in it for a long time. It's just in the last few years that I've really focused our efforts on [wild foods]."

Last year, the couple managed to harvest about 5,000 pounds of wild food, which included many trials of different plants. This year, Ferme et Forêt aims to harvest three to four times that amount. "We walk through the forest and all we see is food. Any season that we walk through, the forest is chock full," LeGal-Leblanc said. "We want to be part of harvesting that. Also, we love eating it."

In the coming years, the couple hopes to expand their business with more wild and planted produce. Butler recently planted an orchard with uncultivated organic berries, apples, pears, and even some grapes (both table and wine). They've also planted 200 lbs of shiitake mushrooms.

You can check out any of Ferme et Forêt's delicious products and produce at the Chelsea and Aylmer markets on the weekends, or at their roadside stall along Shouldice Road. Visit fermeetforet.ca for more info.

Top left: St. John's Wort is one of the many wild plants Ferme et Forêt harvest.

Top right: A batch free range eggs, freshly collected no less.

Right: Sean Butler and son Téo hang out with their chicken friends. Ferme et Forêt is the only farm in the region producing Animal Welfare Approved eggs.

Below: A friendly rooster gets cozy with the camera.

Right middle: Téo and Sean Butler hang out on their farm along Shouldice Road.

Bottom photos: Geneviève LeGal-Leblanc picks through a bush of wild sumac on Ferme et Forêt property. The duo behind the business are selling their sumac-sade (a play on lemonade) to Ottawa restaurants.



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July 4, 2014

## NUNAVUT

### Nunavut women drive toward goals at Meadowbank

#### Haul truck driving women making a name for themselves

SARAH ROGERS

RANKIN INLET AND MEADOWBANK MINE — About 20 people are gathered in a Rankin Inlet classroom as part of AgriCo Eagle Mine's work readiness program. This is one of the first steps toward employment with either of the company's two projects in the territory: the Meladine exploration camp and Meadowbank gold mine.

When Nunavummiut apply for a position, they'll

name, want to work as a haul truck driver. "I've always wanted to become a driver," she said. "So I'm just trying this to see where it will go me."

Haul truck driving isn't a job most people would associate with women, but Lucy does. That's because a growing number of Nunavummiut women have found their niche at Meadowbank doing just that. The vast majority of Meadowbank's haul truck operators are from now — roughly 75 — and nearly one third, or 22, are women.

A recent study by Park-

de and researchers at the University of British Columbia found that Meadowbank provides ample opportunities for women but also some challenges.

In response to the study, AgriCo Eagle said it would undertake a third-party review of employee programs to ensure the welfare of female staff.

At the Vauli pit, one of the mine's open pit sites, Blaudia Kasha pulls her small frame up the ladder that leads to the cabin of the water truck she's driving.

It's a hot, less-than-steady traffic-filled with steadily chugging air. Kasha, a 47-year-old, is driving



Hannah Pilakappi in her Rankin Inlet home. The heavy equipment operator trains and coaches new haul truck operators at the mine. AgriCo Eagle leadership has helped inspire new employees. (PHOTO BY SARAH ROGERS)

## NOTICE OF NUNAVUT WILDLIFE MANAGEMENT BOARD WRITTEN HEARING

Notice is provided on July 4, 2014 that the Nunavut Wildlife Management Board (NWMB) is providing a written public hearing to consider the proposed increase in the Total Allowable Harvest for bowhead whales in the Kivalliq Region.

Issue to be considered at the hearing: The issue under consideration during the written public hearing will be the Kivalliq Wildlife Board's Proposal for NWMB Decision (Proposal) to increase, by one whale, the total allowable harvest for bowhead whales in the Kivalliq Region.

Total Allowable Harvest is the overall amount of a stock or population of wildlife that can be lawfully harvested in accordance with the terms of the Nunavut Land Claims Agreement.

The Proposal and additional documents relevant to the hearing are available for download from the NWMB's website ([www.nwmb.com](http://www.nwmb.com)), or by contacting the NWMB at the coordinates set out at the end of this notice.

The filing of submissions: The NWMB is inviting interested organizations or persons, including any member of the public, to file written response submissions and supporting documentation concerning the Proposal by no later than 5:00 p.m. local time on August 15, 2014. Unless persuasive written reasons are provided to the Board for late filing, the NWMB will not consider materials for this hearing that are not filed on time.

The NWMB will make publicly available all of the written materials filed with it, subject to relevant confidentiality or privacy concerns.

How to file hearing submissions or obtain more information: To file submissions or obtain more information, please contact the NWMB:

NUNAVUT WILDLIFE MANAGEMENT BOARD  
P.O. Box 1379, Igloolik, NU X0A 0H0  
Phone: (867) 975-7300  
Fax: (868) 421-9832  
Email: [receptionist@nwmb.com](mailto:receptionist@nwmb.com)  
Website: [www.nwmb.com](http://www.nwmb.com)

Advertisement for Nunavut @15. Includes a photo of a child and text: July 9th, Nunavut 15th anniversary. Celebrate with us - Happy Nunavut Day!

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June 18 - June 24, 2014

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## CCFO: train could go the urban route

to stay in the region," stated CCFO President Louise Bourdrias.

The firm Desjardins Marketing has been hired to look at different business opportunities that would help get the

train back on at least some of the tracks. The intention is to present the findings, which will include a glimpse of what an urban route would look like, by early July. The CCFO partners will also present its business

proposal on starting up a tourist train route from Masson-Angers to Montebello.

The statement from the CCFO mused that an urban route could be the first step to getting the full and original

route back up and running. The statement also added that reviving the steam train in the shortest time possible is the best way to avoid losing the regional icon for good.



Coming soon to just Godfroy? File photo

From Page 1

## Community hub returns with fresh cup of ideas

When they gave up the café over two years ago, they said they felt they were working all the time instead of spending time with their children and just needed a break. They also felt the time was right to sell the business when four local guys offered to take over and open a pub.

"We never claimed to be responsible for the community hub. The community made it its hub." —Molos co-owner Diane Moray

But the pub failed 11 months later and the building, in which Lovink and Moray retained ownership, has remained vacant ever since. "Seeing the building passed on from us made us re-examine some of the virtues of having a business in 'her,'" said Lovink, personifying the landmark bright yellow building.

COMMUNITY HUB

A year before they sold to the failed pub venture, while they were renting to own, the previous owner of the building died and they required a bridge loan to survive and buy the property.

In an astonishing act of community kindness, villagers rushed into their own pockets and bailed them out. In fact, villagers offered three times what Moray and Lovink required to make the loan, but they only took what they needed and were able to pay everyone back within a couple of months. Still, the owners decided to sell the business a year later because the time was right - but they never sold the building.

TAKE ON CHALLENGE Now that their children are older and the fear of a Quebec referendum has passed, they are ready to take on the challenge again. "It seemed to be the right time," said Lovink. "The stars aligned."

But whether it becomes the community hub it once was is entirely up to the community. "We never claimed to be responsible for the community hub. The community made it its hub," said Moray.



Owners and dynamic duo Diane Moray (left) and Gillian Lovink stand in front of the Earle House on Valley Drive, which will re-open as Molos on June 20.

a traditional French café with baked goods, coffee, smoothies, and a social atmosphere. However, much to the chagrin of those who loved Café Molos's bagel, cream cheese, and lox, they won't be serving any full meals.

The rest of the building will be like a community department for now. "We'll never say never because I never thought we'd be here again," said Lovink. So patrons will have to settle for a sweet with their java.

store, as they call it. Instead of offering Wi-Fi in the café - which they fear would become a sea of laptops instead of a place to mingle - a community office space with Wi-Fi, a kitchenette, a shower, and a view of the river will be available for rent upstairs.

There will also be a more secluded office space for rent for those who require more privacy, as well as a room for community groups. The commercial kitchen on the ground floor will be rented out to anyone willing to pay. Moray and Lovink will be running the café while the rest of the building's offerings will be co-managed with two new business partners.

A CHIC SPOT The duo's clothespin used clothing business is still a going concern and will be moved from its current location to the centre of the new Molos.

Fashion will feature both inside and out: the building will undergo renovations over the next few months and will be getting a new paint job.

With the new look, work space upstairs, and coffee - which will be coming from Ontario's Ideal Coffee - Moray says people can expect a special experience when they come back into the Earle House. "An incredible thing happens in that building when people come together," she said.

And just like before, Molos will be open 363 days a year. "If you give people their morning coffee they just go to bed there every day," said Moray.

Auction Sale for Robert Dingman of Beachburg. Mr. Malette of Potage Sat. June 21/14 @ 9:30am. To be held at the Orange Hall, Foresters Falls, ON.

## JOEL BALSAM

### The Low Down to Hull & Back News

Don't you love it when people pick themselves up, dust themselves off and start all over again. That never quit attitude is what you need in business and this story is one that motivates.

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